



OFFICE:
 2422 N. Triphammer Rd.
 Ithaca, NY 14850-1014
Phone: (607) 266-9553
Fax: (607) 266-9461
Website: www.foodnet.org
Email: info@foodnet.org

CONGREGATE SITES:

Ithaca:
 Titus Towers
 800 South Plain St.
 273-5297

Groton:
 Center Village Court
 200 West South St.
 279-9145

Lansing:
 Woodsedge Apartments
 Woodsedge Drive
 279-9146

Trumansburg:
 First Baptist Church
 Seneca Road East
 387-3015 (Different Menu)

**Meals served at Noon at Sites,
 meals must be reserved by
 noon the previous day.**



United Way of Tompkins County
 Community Partner

Your contribution is encouraged but not required. Foodnet Meals on Wheels contracts with the Tompkins County Office for the Aging to provide meals to persons age 60 or older. Government funding helps us provide services, along with fundraising and voluntary contributions from the people we serve.

We provide envelopes for confidentiality. We accept cash, checks, VISA, Master Card, Discover, Diners Club, and American Express credit cards and SNAP benefits (food stamps). Those able to contribute the full cost are encouraged to do so, but any amount helps. No one will be denied service because of inability or unwillingness to contribute.

Our cost of providing meals:

\$8 per hot meal (\$40 per week)
\$9.50 for hot & sandwich meals (\$47.50 per week)
\$13 for two frozen meals (\$60 per week for 5 hot, 5 sandwich and 2 frozen meals).
Call Lu Ann at 266-9553 for more information.

JULY
2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 Grape Juice Chicken-Tomato-Swiss Sandwich (or Breaded Fish) Potatoes O'Brien Beans & Greens Hamburger Roll Apple	6 Applesauce Pork Chop w/ Gravy (or Beef Patty w/ Gravy) Sweet Potatoes Broccoli Sliced Peaches	7 Cold Plate Pineapple Juice Tuna Niciose (or Sliced Ham) Cous-Cous Algiers Beet & Onion Salad Jane's Carrot Cake* *Plain Carrot Cake
10 Grape Juice Chicken Scampi (or Beef Patty w/ Gravy) Noodles Alfredo Broccoli Strawberry Ice Cream	11 Cold Plate Orange-Pineapple Juice Sliced Turkey (or Sliced Ham) Potato Salad Golden Carrot Salad Wheat Sandwich Roll Orange-Cranberry Bars	12 Apple Juice Macaroni & Cheese (or Chicken Cordon Blue) Zucchini & Tomatoes Green Beans w/ Red Bell Peppers Peanut Butter Cookie* *Sliced Peaches	13 Green Salad w/ Grape Tomatoes Chicken Spanish Rice (or Breaded Fish) Cauliflower Spinach Bread Pudding* *Diet Vanilla Pudding	14 Creamy Coleslaw Fish Sandwich w/ Tartar Sauce (or Beef Patty) Herb-Roasted Potatoes Peas Hamburger Roll Sliced Pears
17 Orange-Pineapple Juice Italian Sausage# w/ Onions & Peppers (#or Beef Patty) Spirals w/ Pesto Cream Sauce Spinach Wheat Hamburger Roll Apple	18 Creamy Cucumbers Salmon Loaf w/ Dill Sauce (or Chicken Patty) Tiny Whole Red Potatoes Brussels Spouts Brownie* *Banana	19 Orange Juice Chicken Spiedies (or Baked Ham) Fresh Zucchini Corn Wheat Hot Dog Roll Sweet Potato Pie* *Fruit Cocktail	20 Romaine Salad Spaghetti w/ Meat Sauce (or Breaded Fish) Green Beans Carrots Banana	21 Cold Plate Grape Juice Antipasto Salad (or Sliced Turkey) Penne-Tomato- Mozzarella Salad Three Bean Salad Dinner Roll Oatmeal-Craisin Cookie* *Orange
24 Apple Juice Swiss Cheeseburger (or Chicken Patty) Lyonnais Potatoes Peas & Carrots Hamburger Roll Orange-Pineapple Delight* *Orange	25 Cold Plate Orange Juice Seafood Salad (or Sliced Turkey) Creamy Pesto Pasta Raspberry-Marinaded Carrots Dinner Roll Orange Olive-Oil Cake	26 Spinach-Tomato Salad Chicken Parmesan (or Beef Patty w/ Gravy) Shells w/ Tomato Sauce Beans & Greens Banana	27 Sunshine Salad* *Diet Sunshine Salad Meatloaf w/ Gravy (or Turkey w/ Gravy) Cheddar Mashed Potatoes Broccoli Peach Crisp* *Sliced Peaches	28 Grape Juice Cheese Strata (or Breaded Fish) Zucchini & Tomatoes Green Beans Carnival Cookie* *Apple
31 Orange Juice BBQ Pork Riblet (or Chicken Patty) Spinach Corn Wheat Hamburger Roll Raspberry Sherbet		* Substitute for Sweets # Low-Sodium Substitute Each meal includes: Half-pint of 2% or Skim Milk or Lactaid		

There will be no delivery Monday, July 3rd or Tuesday, July 4th. Your driver will ask if you want a meal those days. Foodnet Meals on Wheels will be closed those days.



July 2017 Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 HAPPY 4 TH OF JULY HOLIDAY!	5 TURKEY PASTRAMI WHITE BREAD ORANGE	6 EGG SALAD WHEAT BREAD BANANA	7 TURKEY WHEAT SANDWICH ROLL GRAPE JUICE
10 HAM & SWISS WHOLE GRAIN BREAD ORANGE-PINEAPPLE JUICE	11 EGG SALAD WHEAT BREAD ORANGE JUICE	12 ROAST BEEF RYE BREAD APPLE	13 TUNA SALAD SANDWICH ROLL ORANGE	14 TURKEY WHITE BREAD APPLE JUICE
17 TURKEY PASTRAMI WHEAT BREAD GRAPE JUICE	18 HAM SALAD RYE BREAD PINEAPPLE JUICE	19 SEAFOOD SALAD WHITE BREAD BANANA	20 CHICKEN SALAD SANDWICH ROLL ORANGE JUICE	21 EGG SALAD WHEAT BREAD APPLE JUICE
24 TURKEY WHEAT SANDWICH ROLL GRAPE JUICE	25 ROAST BEEF RYE BREAD APPLE	26 EGG SALAD WHEAT BREAD ORANGE JUICE	27 HAM & SWISS WHITE BREAD APPLE JUICE	28 TUNA SALAD WHOLE GRAIN BREAD BANANA
31 TURKEY PASTRAMI SANDWICH ROLL APPLE JUICE				

CONGREGATE SITE VISITS IN THE MONTH OF JULY

JESSICA

TITUS-TBA
GROTON-TBA
LANSING-TBA
T-BURG-TBA

KELLY

TITUS-TUES--7/11
GROTON-WED--7/19
LANSING-WED--7/12
T-BURG-TBA

JOE

TITUS-MON--7/31
GROTON-MON --7/24
LANSING-MON --7/17



For your safety, we cannot leave meals unattended. If you have to be away at delivery time, please make arrangements to have the meal left with a neighbor or for the driver to leave the meal in your refrigerator.

Thank you!

If you have any questions, please call the main office at (607) 266-9553.

2017 Senior Farmers Market Nutrition Program:

COUPONS ARE AVAILABLE NOW!

Please call Foodnet at (607) 266-9553 to receive a Farmer's Market coupon booklet with your meal. An eligibility form will need to be signed to receive your coupon booklet.

Basic Information:

There are five \$4 coupons in each booklet (\$20).

The coupons can be used at any participating market with any participating vendor. Recipients can redeem coupons until November 30th, after-which they become invalid. Coupon booklets are given out on a first-come, first-serve basis.

Eligibility:

Recipients must be Over 60

Recipients must meet income requirements:

- 1-Person Household: \$1860/Month
- 2-Person Household: \$2504/Month
- 3-Person Household: 3149/Month

*If there are multiple older adults in one household and the household is eligible, they can each get a booklet.

Recipients can only get one booklet per season.

Recipients must be present to sign the statement of eligibility, no proxies. A valid Power of Attorney document is acceptable.

Redemption:

Recipients can have someone else redeem the coupons for them if they cannot travel to a farmer's market.

The coupons can be redeemed at any participating farmer's market throughout New York State.

The coupons can only be used to purchase fresh fruits and vegetables - no meats or dairy, and no vegetable plants or flowers.

The vendors cannot give change if the amount of the produce is less than a coupon.

Participating vendors at the markets will have signs indicating that they accept the coupons.



Foodnet is a not-for-profit corporation funded by the New York State and Tompkins County Offices for the Aging, U.S. Administration on Aging, voluntary contributions from participants and charitable donations from individuals, businesses and foundations. Contributions for meals are completely voluntary. Any contribution you wish to make will be used to expand the program and will be greatly appreciated.