
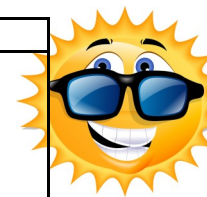


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE! 	1 Green Salad Swiss Steak (or Potato Battered Fish) Herb Roasted Potatoes California Blend Veggies. Chocolate Cake	2 Apple Juice Chicken Chow Mein (or Beef Patty w/ Gravy) Brown Rice Pilaf Broccoli Almond Cookie* *Sliced Pears	3 White Bean Salad Beef Goulash (or Potato-Battered Fish) Peas & Pearl Onions Cornbread Banana	4 Cold Plate Pineapple Juice Chicken Salad (or Sliced Ham) Broccoli & Rotini Salad Carrot-Raisin Salad Dinner Roll Seedless Grapes
7 Macaroni Salad Reduced-Sodium Hot Dog (or Chicken Patty) Baked Beans Spinach Wheat Hot Dog Roll Orange	8 Cold Plate Grape Juice Ham & Swiss (or Turkey & Swiss) German Potato Salad Golden Carrot Salad Sandwich Roll Sliced Pears	9 Spinach & Orange Salad Lemon Baked Fish (or Chicken Patty) Long-Grain & Wild Rice Broccoli Chocolate-Chip Cookie* *Apple	10 Cranberry-Orange Relish Roasted Turkey w/ Gravy (or Baked Ham) Horseradish Mashed Potatoes Peas & Carrots Sugar Cookie* *Fruit Cocktail	11 Apple Juice Chicken BBQ Sandwich (or Potato Battered Fish) Sweet Potatoes Green Beans Wheat Hamburger Roll Banana
14 Grape Juice Chicken-Tomato-Swiss Sandwich (or Potato Battered Fish) Potatoes O'Brien Beans & Greens Hamburger Roll Apple	15 Apple Juice Shrimp & Chicken Jambalaya (or Chicken Patty) Carrots Biscuit Chocolate Ice Cream	16 Tossed Salad w/ Grape Tomatoes Beef Sloppy Joes (or Turkey w/ Gravy) Brussels Sprouts Corn Wheat Hamburger Roll Carnival Cookie* *Banana	17 Applesauce Pork Chop w/ Gravy (or Beef Patty w/ Gravy) Sweet Potatoes Broccoli Sliced Peaches	18 Cold Plate Orange Juice Tuna Salad (or Sliced Ham) Macaroni Salad Beet & Onion Salad Dinner Roll Jane's Carrot Cake* *Plain Carrot Cake
21 Grape Juice Chicken Scampi (or Beef Patty) Noodles Alfredo Broccoli Strawberry Ice Cream	22 Cold Plate Orange-Pineapple Juice Sliced Turkey (or Sliced Ham) Potato Salad Golden Carrot Salad Wheat Hamburger Roll Orange-Cranberry Bars	23 Apple Juice Macaroni & Cheese (or Chicken Cordon Blue) Green Beans w/ Red Bell Peppers Zucchini & Tomatoes Peanut-Butter Cookie* *Sliced Peaches	24 Green Salad w/ Grape Tomatoes Chicken Spanish Rice (or Potato Battered Fish) Cauliflower Spinach Bread Pudding* *Diet Vanilla Pudding	25 Creamy Coleslaw Fish Sandwich w/ Tartar Sauce (or Beef Patty) Herb-Roasted Potatoes Peas Hamburger Roll Sliced Pears
28 Orange-Pineapple Juice Italian Sausage Patty w/ Peppers & Onions (or Beef Patty w/ P&O) Spirals w/ Pesto Cream Sauce Spinach Wheat Hamburger Roll Apple	29 Creamy Cucumbers Turkey Meatloaf w/ Roasted Sweet Red Pepper Sauce (or Potato Battered Fish) Tiny Whole Red Potatoes Brussels Sprouts Brownie* *Banana	30 Orange Juice Chicken Spiedies (or Baked Ham) Fresh Zucchini Corn Wheat Hot Dog Roll Sweet Potato Pie* *Fruit Cocktail	31 Romaine Salad Spaghetti w/ Meat Sauce (or Potato Battered Fish) Green Beans Carrots Banana	*Substitute for Sweets #Low Sodium Substitute Each meal includes: Half-pint of 2% or Skim Milk or Lactaid



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:

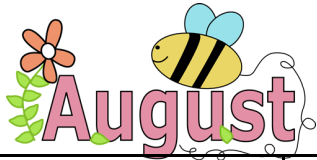
\$8 per hot meal (\$40 per week)

\$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.

AUGUST
2017



Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 EGG SALAD RYE BREAD ORANGE	2 TUNA SALAD WHITE BREAD BANANA	3 ROAST BEEF WHEAT SANDWICH ROLL ORANGE JUICE	4 TURKEY PASTRAMI WHEAT BREAD APPLE JUICE
7 HAM & SWISS SANDWICH ROLL GRAPE JUICE	8 SEAFOOD SALAD WHEAT BREAD ORANGE JUICE	9 EGG SALAD RYE BREAD BANANA	10 HAM SALAD SANDWICH ROLL APPLE JUICE	11 CHICKEN SALAD WHITE BREAD PINEAPPLE JUICE
14 TURKEY WHEAT BREAD ORANGE	15 TUNA SALAD RYE BREAD GRAPE JUICE	16 HAM SALAD SANDWICH ROLL APPLE JUICE	17 EGG SALAD WHOLE GRAIN BREAD BANANA	18 TURKEY PASTRAMI WHITE BREAD GRAPE JUICE
21 HAM & SWISS WHOLE GRAIN BREAD ORANGE-PINEAPPLE JUICE	22 EGG SALAD WHEAT BREAD ORANGE JUICE	23 ROAST BEEF RYE BREAD APPLE	24 TUNA SALAD SANDWICH ROLL ORANGE	25 TURKEY WHITE BREAD APPLE JUICE
28 TURKEY PASTRAMI WHEAT BREAD GRAPE JUICE	29 HAM SALAD RYE BREAD PINEAPPLE JUICE	30 SEAFOOD SALAD WHITE BREAD BANANA	31 CHICKEN SALAD SANDWICH ROLL ORANGE JUICE	

**CONGREGATE SITE
VISITS IN THE
MONTH OF
AUGUST**

JESSICA

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

KELLY

TITUS-THURS 8/24
GROTON-WED 8/23
LANSING-TUES 8/22
T-BURG-TBA

JOE

TITUS-MON--8/28
GROTON-MON --8/21
LANSING-MON --8/14

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.



REMEMBER TO USE YOUR FARMERS MARKET COUPONS

If you have any questions regarding Farmers Market Coupons, you can call the Tompkins County Office for the Aging at (607) 274-5482.



Need Help Finding Help? Contact 2-1-1 Tompkins Cortland!

Did you know the Tompkins and Cortland County Human Services Coalition has a number you can call to get answers to most questions you may have about where to turn for help finding community services in the Tompkins and Cortland County area.

By dialing 2-1-1 on your phone (or 1-877-211-8667) 24 hours a day, 365 days a year, you can get help from a live person.

This help-line connects people with community services they are looking for. You can find help with basic human needs, support for elderly and the disabled, children, family support, volunteer opportunities, donations, health resources, physical and mental health resources.



NEED HELP WITH YARDWORK

The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work and snow removal for seniors on either a paid or volunteer basis.

Contact the Office for Aging at 274-5482 for more details.



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.