

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Apple Juice BBQ Pork Riblet (or Chicken Patty) Sweet Potatoes Green Beans Hamburger Roll Brownie* *Orange	3 Romaine Salad Cheese Lasagna (or Potato Breaded Fish) Peas Carrots Banana	4 Orange Juice Turkey Meatloaf w/ Roasted Sweet Red Pepper Sauce (or Baked Ham) Dilly Potato Bake Brussels Sprouts Yellow Cake w/ Chocolate Frosting	5 Grape Juice Beef Stew (or Chicken Patty) Wax Beans Cheddar Biscuit Peanut Butter Cookie* *Apple	6 Potato Salad Cornell Chicken (or Beef Patty) Reduced-Sodium Baked Beans California Blend Veggies. Orange
9 Pineapple Juice Sweet & Sour Chicken (or Potato Breaded Fish) Brown Rice Pilaf Spinach Almond Cookie* *Sliced Pears	10 Apple Juice Pork & Bean Stew (or Beef Patty w/ Gravy) Carrots Biscuit Orange Olive-Oil Cake	11 Three Bean Salad Cheese Strata (or Potato Breaded Fish) Broccoli Corn Orange	12 Spinach & Orange Salad Spaghetti w/ Meat Sauce (or Chicken Patty) Cauliflower Peas Vanilla Ice Cream	13 Creamy Coleslaw Fish Sandwich w/ Tartar Sauce (or Baked Ham) Potatoes O'Brien Italian Blend Veggies. Wheat Hamburger Roll Chocolate Pudding* *Diet Chocolate Pudding
16 Grape Juice Pot Roast w/ Gravy (or Turkey w Gravy) Baked Potato Spinach Chocolate-Chip Cookie* *Apple	17 Perfection Salad* *Diet Perfection Salad Ham & Pork Loaf w/ Raisin Sauce (or Potato Breaded Fish) Sweet Potatoes Peas Marble Ice Cream	18 Orange-Pineapple Juice Macaroni & Cheese (or Chicken Cordon Blue) Stewed Tomatoes Broccoli Banana	19 Golden Carrot Salad Liver & Onions (or Beef Patty w Onions) Cheddar Mashed Potatoes Green Beans Applesauce	20 Green Salad Hunter's Chicken (or Baked Ham) Spirals w/ Tomato Sauce Cauliflower Jane's Carrot Cake* *Plain Carrot Cake
23 Apple Juice Beef Sloppy Joes (or Chicken Patty) Winter Squash Peas Wheat Hamburger Roll Fruit Cocktail	24 White Bean Salad Chicken Spiedies (or Potato Breaded Fish) Broccoli Carrots Wheat Hot Dog Roll Banana Cake	25 Tossed Salad Roast Pork w/ Gravy (or Beef Patty w/ Gravy) Herb Roasted Potatoes Braised Red Cabbage Orange	26 Grape Juice Turkey Chili (or Chicken Patty) Spinach Cornbread Pineapple Tidbits	27 Orange Juice Lemon-Baked Fish (or Beef Patty w/ Gravy) Brown Rice Pilaf California Blend Veggies. Carnival Cookie* *Diced Pears
30 Pineapple Juice Chicken-Tomato-Swiss Sandwich (or Beef Patty) Peas Corn Wheat Hamburger Roll Sliced Pears	31 Spinach-Tomato Salad Meatloaf w/ Gravy (or Potato Breaded Fish) Scalloped Potatoes Cabbage & Carrots Chocolate Cake	*Substitute for Sweets #Low-Sodium Substitute	Each Meal Includes: Half-Pint of 2% or Skim Milk or Lactaid	MEALS SUBJECT TO CHANGE WITHOUT NOTICE.



OFFICE:
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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.

OCTOBER


2017





Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 TURKEY WHEAT BREAD ORANGE JUICE	3 SEAFOOD SALAD SANDWICH ROLL ORANGE	4 HAM SALAD RYE BREAD PINEAPPLE JUICE	5 EGG SALAD WHOLE GRAIN BREAD ORANGE-PINEAPPLE JUICE	6 TURKEY PASTRAMI WHITE BREAD BANANA
9 HAM & SWISS SANDWICH ROLL ORANGE JUICE	10 TUNA SALAD WHOLE GRAIN BREAD GRAPE JUICE	11 TURKEY WHEAT SANDWICH ROLL PINEAPPLE JUICE	12 EGG SALAD WHITE BREAD BANANA	13 CHICKEN SALAD RYE BREAD APPLE JUICE
16 TURKEY SANDWICH ROLL BANANA	17 SEAFOOD SALAD WHEAT BREAD ORANGE	18 ROAST BEEF WHOLE GRAIN BREAD APPLE JUICE	19 HAM SALAD RYE BREAD GRAPE JUICE	20 EGG SALAD WHEAT BREAD ORANGE JUICE
23 HAM & SWISS SANDWICH ROLL ORANGE JUICE	24 TURKEY PASTRAMI WHITE BREAD PINEAPPLE JUICE	25 EGG SALAD WHOLE GRAIN BREAD GRAPE JUICE	26 TUNA SALAD WHEAT BREAD ORANGE	27 HAM SALAD RYE BREAD BANANA
30 ROAST BEEF WHITE BREAD ORANGE JUICE	31 SEAFOOD SALAD SANDWICH ROLL PINEAPPLE JUICE			

Frequently Asked Questions about New York State Office of Aging (NYSOFA) Consent forms

All of our clients have been asked to sign NYSOFA's consent form by various Foodnet staff. We appreciate your cooperation with initialing and signing the form and sending it back to the office in a timely manner with our staff. Here are some of the frequently asked questions about the new forms

What is the purpose of this form? The NYSOFA consent form gives Foodnet staff permission to capture information about your demographics that is used anonymously for statistics. For example, Foodnet staff enter meal counts into NYSOFA database after consent is obtained to receive insurance and/or government reimbursement for meals under the Older American Act funding streams.

Will my information be shared? No, this is a secure system and your information in it is used anonymously for statistical purposes.

Can I still receive meals if I don't sign the form? Yes, but be aware that not giving consent may affect funding streams that pay for the meals.

How often do I need to complete consent forms? Forms need to be completed annually. If the consent form is expired, Foodnet staff cannot access the NYSOFA database record.

DID YOU KNOW?

We have a delicious homemade veggie patty that can be used for an entree substitution. It contains sweet potatoes, beans, cheese, and eggs.



Also, we have peanut butter and jelly as a substitute for our sandwich meals.

PB&J

Please contact our office at 607 266-9553 to request a substitute 24 hours prior to meal delivery.

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.

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

JESSICA

TITUS-TBA
GROTON-TUES 10/10
LANSING-TBA
T-BURG-TBA

KELLY & MELISSA

TITUS-THURS 10/12
GROTON-WED 10/11
LANSING-TUES 10/10
T-BURG-TBA

JOE

TITUS-MON 10/30
GROTON-MON 10/23
LANSING-MON 10/16

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.

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