



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Saturday, November 11</p> <p>REMEMBER OUR VETERANS</p>	<p>MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</p>	<p>1 Apple Juice Seafood Creole (or Baked Ham) Lemon Rice Beans &amp; Greens Oatmeal-Craisin Cookie* *Apple</p>	<p>2 Applesauce Baked Ham w/ Maple- Mustard Sauce (or Turkey w/ Gravy) Mashed Sweet Potatoes Peas &amp; Carrots Banana</p>	<p>3 Macaroni Salad Reduced-Sodium Hot Dog (or Beef Patty) Baked Beans Broccoli Wheat Hot Dog Roll Strawberry Ice Cream</p>
<p>6 Greek Chickpea Salad Chicken Spanish Rice (or Potato Battered Fish) Beans &amp; Greens Corn Orange</p>	<p>7 Green Salad w/ Grape Tomatoes Italian Sausage Patty# (or #Beef Patty) w/ Peppers &amp; Onions Spirals w/ Pesto Cream Green Beans Apple</p>	<p>8 Orange Juice Chicken Tetraxini (or Potato Battered Fish) Stewed Tomatoes Peas Chocolate Ice Cream</p>	<p>9 Carrot-Raisin Salad Beef Goulash (or Chicken Patty) Cauliflower Broccoli Sliced Peaches</p>	<p>10 Pineapple Juice Sweet &amp; Sour Pork (or Potato Battered Fish) Brown Rice Pilaf Spinach Almond Cookie* *Sliced Pears</p>
<p>13 Apple Juice BBQ Pork Riblet (or Chicken Patty) Sweet Potatoes Green Beans Hamburger Roll Brownie* *Orange</p>	<p>14 Romaine Salad Cheese Lasagna (or Potato Battered Fish) Peas Carrots Banana</p>	<p>15 Orange Juice Turkey Meatloaf w/ Roasted Red Pepper Sauce (or Baked Ham) Dilly Potato Bake Brussels Sprouts Peach &amp; Raspberry Crisp</p>	<p>16 Grape Juice Beef Stew (or Chicken Patty) Wax Beans Cheddar Biscuit Peanut-Butter Cookie* *Apple</p>	<p>17 Potato Salad Cornell Chicken (or Beef Patty) Baked Beans California Blend Veggies. Orange</p>
<p>20 Cranberry-Orange Relish Roast Turkey w/ Gravy (or Baked Ham) Bread Stuffing Sour Cream &amp; Chive Mashed Potatoes Asparagus Pumpkin Pie Squares</p>	<p>21 Apple Juice Pork &amp; Bean Stew (or Beef Patty w/ Gravy) Carrots Biscuit Orange Olive-Oil Cake</p>	<p>22 Three Bean Salad Cheese Strata (or Potato Battered Fish) Broccoli Corn Orange</p>	<p>23</p> 	<p>24 Happy Thanksgiving to you and yours from all of us here at Foodnet Meals on Wheels. We will be closed November 23 &amp; 24.</p>
<p>27 Apple Juice Beef Sloppy Joes (or Chicken Patty) Winter Squash Green Beans Hamburger Roll Banana</p>	<p>28 White Bean Salad Chicken Spiedies (or Potato Battered Fish) Broccoli Carrots Wheat Hot Dog Roll Banana Cake</p>	<p>29 Tossed Salad Roast Pork w/ Gravy (or Beef Patty w/ Gravy) Mashed Potatoes Braised Red Cabbage Sliced Peaches</p>	<p>30 Grape Juice Pasta Fagioli (or Chicken Patty) Spinach Cornbread Pineapple Tidbits</p>	<p>Each Meal Includes: 1 Half-Pint of 2% or Skim Milk or Lactaid</p> <p>*Substitute for Sweets #Low-Sodium Substitute</p>



**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.  
(607) 273-5297

**Groton:**  
Center Village Court  
200 West South St.  
(607) 279-9145

**Lansing:**  
YMCA  
50 Graham Rd. W.  
(607) 280-1206

**Trumansburg:**  
First Baptist Church  
Seneca Road East  
(607) 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.**




**NOVEMBER  
2017**





# Sandwich Menu



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

## LET'S DO LUNCH! YMCA OF ITHACA & TOMPKINS COUNTY AND FOODNET MEALS ON WHEELS ANNOUNCE A NEW PARTNERSHIP

The YMCA of Ithaca & Tompkins County and Foodnet are partnering to bring Foodnet's congregate meal program to the YMCA three days a week. Starting on Monday, November 6, 2017, the YMCA of Ithaca & Tompkins County will host one of Foodnet's social dining sites on Mondays, Wednesdays and Thursdays from 11:30am-1:30pm.

The program is available to community older adults that are 60 years of age and older that would benefit from a nutritious meal. Anyone 60 years of age or over is eligible to participate; spouses can also receive the meal regardless of age. Individuals under the age of 60 can receive the meal at full cost (\$8.00 per meal) or with private insurance. Foodnet encourages individuals age 60 and over that are able to make a contribution towards their meals, but no one will ever be turned away because of inability to pay.

While a Y membership is not required to join the social dining program, there are wonderful offerings available for older adults at the YMCA. Memberships are free for individuals that are over the age of 85, and every Thursday the YMCA offers the use of their facilities and amenities for only \$1.00 for individuals age 60 and over.

Help us spread the word! Individuals that are interested in signing up for lunch should call Foodnet at 607-266-9553.

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

### JESSICA

TITUS-TBA  
GROTON-TBA  
YMCA-TBA  
T-BURG-TBA

### KELLY & MELISSA

TITUS-WED 11/15  
GROTON-TUES 11/14  
YMCA-THURS 11/16  
T-BURG-TBA

### JOE

TITUS-MON 11/27  
GROTON-MON 11/13  
YMCA-MON 11/6

### 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



**Remember to return your  
2017 Satisfaction Surveys!**



**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!**

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.