


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Substitute for Sweets #Low-Sodium Substitute	Each Meal Includes: Half-Pint of 2% or Skim Milk or Lactaid		1 Orange Juice Salmon Loaf w/ Dill Sauce (or Baked Ham) Brown Rice Pilaf Italian Blend Veggies. Carnival Cookie* *Diced Pears
4 Cranberry Juice BBQ Pork Riblet (or Chicken Patty) Sweet Potatoes Broccoli Hamburger Roll Rice Pudding* *Diet Vanilla Pudding	5 Green Salad w/ Grape Tomatoes Hunter's Chicken (or Beef Patty w/ Gravy) Spirals w/ Pesto Cream Sauce Green Beans Orange Olive-Oil Cake	6 Apple Juice Turkey Meatloaf w/ Sweet Red Pepper Sauce (or Potato Battered Fish) Cheddar Mashed Potatoes Brussels Sprouts Fruited Strawberry Gelatin* *Diet Strawberry Gelatin	7 Macaroni Salad Reduced-Sodium Hot Dog (or Beef Patty) Baked Beans Spinach Wheat Hot Dog Roll Banana	8 Creamy Coleslaw Potato Battered Fish w/ Tartar Sauce (or Baked Ham) Lemon Rice California Blend Veggies. Jane's Carrot Cake* *Plain Carrot Cake
11 Grape Juice Chicken Spanish Rice (or Potato Battered Fish) Beans & Greens Corn Brownie* *Apple	12 Romaine Salad Italian Sausage Patty# (or #Beef Patty) w/ Peppers & Onions Parmesan Potatoes Italian Blend Veggies. Pineapple Tidbits	13 Carrot-Raisin Salad Beef Stew (or Potato Battered Fish) Harvard Beets Biscuit Orange	14 Orange-Pineapple Juice Chicken Scampi (or Beef Patty w/ Gravy) Long Grain & Wild Rice Carrots Apple Cake	15 Three Bean Salad Cheese Lasagna (or Chicken Patty) Winter Squash Broccoli Sliced Pears
18 Orange Juice Fish Sandwich w/ Tartar sauce (or Beef Patty) Potatoes O'Brien Peas & Carrots Hamburger Roll Strawberry Ice Cream	19 Cranberry-Apple Relish Baked Ham w/ Pineapple Slice (or Turkey w/ Gravy) Au Gratin Potatoes Sarah's Black Beans Orange	20 Apple Juice Shrimp & Chicken Jambalaya (or Beef Patty w/ Gravy) Broccoli Carrots Chocolate Cake	21 Spinach-Swiss & Craisin Salad Pot Roast w/ Gravy (or Baked Ham) Sour Cream & Chive Mashed Potatoes Sautee'd Green Beans & Pears Mini Cannolis & Eclairs	22 Beet & Onion Salad Cheese Strata (or Chicken Patty) Stewed Tomatoes Spinach Oatmeal-Craisin Cookie* *Banana
25 HAPPY HOLIDAYS TO YOUR AND YOURS FROM FOODNET MEALS ON WHEELS!	26 	27 Pineapple Juice Sweet & Sour Pork (or Chicken Patty) Rice Pilaf California Blend Veggies. Apple Crisp* *Apple	28 Greek Chickpea Salad Chicken Tetrastini (or Potato Battered Fish) Winter Squash Broccoli Chocolate Pudding* *Diet Chocolate Pudding	29 Cranberry Juice Macaroni & Cheese (or Beef Patty w/ Gravy) Zucchini & Tomatoes Green Beans w/ Red Bell Peppers Sliced Peaches



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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) 279-9146

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.

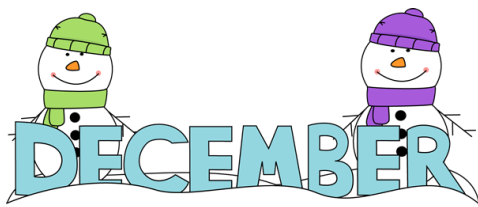
Our cost of providing meals:

- **\$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.

**DECEMBER
2017**





2017 Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 HAM SALAD RYE BREAD BANANA
4 HAM WHITE BREAD APPLE JUICE	5 EGG SALAD WHOLE GRAIN BREAD GRAPE JUICE	6 TUNA SALAD SANDWICH ROLL BANANA	7 CHICKEN SALAD WHEAT BREAD PINEAPPLE JUICE	8 TURKEY PASTRAMI RYE BREAD ORANGE JUICE
11 TURKEY WHEAT BREAD ORANGE-PINEAPPLE JUICE	12 SEAFOOD SALAD WHITE BREAD ORANGE	13 EGG SALAD RYE BREAD CRANBERRY JUICE	14 HAM SALAD WHEAT SANDWICH ROLL BANANA	15 CHICKEN SALAD WHOLE GRAIN BREAD APPLE JUICE
18 TURKEY PASTRAMI WHEAT BREAD GRAPE JUICE	19 EGG SALAD WHOLE GRAIN BREAD PINEAPPLE JUICE	20 CHICKEN SALAD WHEAT SANDWICH ROLL ORANGE JUICE	21 TURKEY SANDWICH ROLL APPLE JUICE	22 TUNA SALAD WHITE BREAD ORANGE
25 	26 	27 HAM & SWISS RYE BREAD ORANGE- PINEAPPLE JUICE	28 EGG SALAD WHEAT BREAD APPLE	29 CHICKEN SALAD SANDWICH ROLL GRAPE JUICE

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

<u>JESSICA</u>	<u>KELLY</u>	<u>JOE</u>
TITUS-THURS 12-21 GROTON-TBA YMCA-TBA T-BURG-TBA	TITUS-THURS 12-21 GROTON-TUES 12-19 YMCA-WED 12-20 T-BURG-TBA	TITUS-MON 12-18 GROTON-MON 12-11 YMCA-MON 12-4

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.



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.

RECAP OF THE YEAR—

It has been a year of changes—both happy and sad.

The year started with a sad farewell to our Founding Executive Director, Stephen Griffin. Then, we welcomed our new Executive Director, Jessica Gosa. She has taken the helm of Foodnet Meals on Wheels with a great deal of enthusiasm.

We also wished Carolyn Arnold well on her retirement and welcomed our new dietitian, Kelly Quinn! She is very energetic and focused on guiding everyone to good health and nutrition.

In March, we had a very successful Mac 'n Cheese bowl. We raised over \$17,000 and tasted some wonderful macaroni & cheese from over 20 local restaurants and catering services, including our own kitchen.

In June, we held our 30th annual picnic at Stewart Park. We were very happy to see all who attended. It is always great to visit with friends of Foodnet.

This summer we learned that we had been awarded a 2018 Subaru Outback through Subaru of America and Meals on Wheels of America. It was presented to us on October 24 by Maguire Subaru. It is out in the field delivering meals on the Brooktondale route!

On a sad note, we lost our Home Delivered Meals Coordinator, Mary Mente. She had worked for Foodnet Meals on Wheels since 1987. Mary knew almost every name, address and food preferences of our clients. She was a miraculous woman who is missed every day.

There have been a lot of changes so far this year and we look forward to providing meals and other services to older adults and other persons in need in Tompkins County in 2018 and beyond!

