

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| <b>1</b><br><b>HAPPY<br/>NEW<br/>YEAR!</b><br><b>FOODNET MEALS ON<br/>WHEELS WILL BE CLOSED</b>  | <b>2</b> Beef Patty w/ Gravy<br>(Or Chicken Patty)<br>Green Beans<br>Mashed Potatoes w/<br>Sour Cream and Chive<br>Orange<br>Apple Juice                             | <b>3</b> White Bean Salad<br>Chicken Spiedies<br>(or Fish)<br>Wheat Hot Dog Roll<br>Broccoli<br>Carrots<br>Banana                                       | <b>4</b> Pasta e Fagioli<br>(or Chicken Patty)<br>Carrots<br>Cornbread<br>Rosy Apple Salad<br>*Diet Rosy Apple Salad<br>Pineapple Tidbits                     | <b>5</b> Tossed Salad<br>Roast Pork w/ Gravy<br>(or Beef Patty)<br>Cheddar Mashed Potatoes<br>Braised Red Cabbage<br>Diced Peaches                            |
| <b>8</b> BBQ Pork Riblet on<br>Wheat Roll<br>(or Chicken Patty)<br>Broccoli<br>Corn<br>Applesauce<br>Cranberry Juice   | <b>9</b> Green Salad w/Grape<br>Tomatos<br>Hunter's Chicken<br>(or Beef Patty)<br>Spirals with Pesto<br>Cream Sauce<br>California Blend Veggies<br>Orange-Olive Cake | <b>10</b> Ham Steak w/Cider<br>Sauce (or Fish)<br>Cheddar Mashed Potatoes<br>Brussel Sprouts<br>Fruited Gelatin<br>*Diet Fruited Gelatin<br>Apple Juice | <b>11</b> Spinach with Oranges &<br>Onion Salad<br>Reduced Sodium Hot Dog<br>(or Beef Patty)<br>Baked Beans<br>Sliced Carrots<br>Wheat Hot dog Roll<br>Banana | <b>12</b> Sicilian Style Cod<br>(or Low Sodium Ham)<br>Long Grain Wild Rice<br>Spinach<br>Creamy Coleslaw<br>Jane's Carrot Cake<br>*Plain Carrot Cake         |
| <b>15</b> Apricot Glazed Chicken<br>(or Fish)<br>Herb Roasted Potatoes<br>Spinach<br>Fruit Cocktail<br>Grape Juice   | <b>16</b> Romaine Salad<br>Italian sausage Patty<br>on a Roll with a Side of<br>Peppers<br>(or Beef Patty)<br>Italian Blend Vegetables<br>Pineapple Tidbits          | <b>17</b> Beef Stew<br>(or Fish)<br>Harvard Beets<br>Biscuit<br>Apple Juice<br>Orange   | <b>18</b> Chicken Scampi*<br>(or Beef Patty)*<br>Long Grain Wild Rice<br>Carrots<br>Applesauce<br>Orange-Pineapple Juice                                      | <b>19</b> Homemade Meat<br>Lasagna<br>(or Chicken Patty)<br>Broccoli<br>Corn<br>3 Bean Salad<br>Peach Crisp   |
| <b>22</b> Greek Chickpea Salad<br>Fish Sandwich on<br>Hamburg roll<br>Tartar Sauce<br>(or Beef Patty)<br>Herb Roasted Potatoes<br>Peas & Carrots<br>Strawberry Ice Cream | <b>23</b> Baked Ham w/Pineapple<br>Sauce<br>(or Turkey)<br>Au Gratin Potatoes<br>Sarah's Black Beans<br>Pineapple Juice<br>Applesauce                                | <b>24</b> Shrimp & Chicken<br>Jambalaya<br>(or Beef Patty)<br>Broccoli<br>Carrots<br>Chocolate Cake<br>Cranberry Juice                                  | <b>25</b> Creamy Coleslaw<br>Lemon Baked Fish<br>(or Ham)<br>Brown Rice Pilaf<br>Spinach<br>Cherry Blueberry Bars   | <b>26</b> Broccoli Tomato Salad<br>Spaghetti with Meat<br>Sauce<br>(or Chicken Patty)<br>Herb Green Beans<br>Dinner Roll<br>Oatmeal-Craisin Cookie<br>*Banana |
| <b>29</b> Sweet & Sour Pork<br>(or Chicken Patty)<br>California Blend Veg<br>Rice Pilaf<br>Apple<br>Pineapple Juice  | <b>30</b> Greek Chickpea Salad<br>Chicken Tetrazzini<br>(or Fish)<br>Winter Squash<br>Broccoli<br>Chocolate Pudding<br>*Diet Choc Pudding                            | <b>31</b> Macaroni & Cheese<br>(or Beef Patty)<br>Zucchini and Tomatoes<br>Green Beans & Bell Peppers<br>Sliced Peaches<br>Cranberry Juice              | <b>Each Meal Includes:</b><br><b>Half-Pint of 2% or Skim<br/>Milk or Lactaid</b><br><br><b>*Substitute for Sweets</b><br><br><b>#Low-Sodium Substitute</b>    |   |



**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) 279-9146

**Trumansburg:**

First Baptist Church  
 Seneca Road East  
 (607) 387-3015 (Different  
 Menu)

**Meals served at Noon at  
Sites, meals must be re-  
served 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.**

**JANUARY  
2018**

# JANUARY 2018 Sandwich Menu

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| 1<br>HAPPY<br>NEW YEAR                                    | 2 TURKEY<br>SANDWICH ROLL<br>CRANBERRY JUICE      | 3 EGG SALAD<br>WHITE BREAD<br>PINEAPPLE JUICE          | 4 TUNA SALAD<br>WHEAT BREAD<br>ORANGE             | 5 TURKEY PASTROMI<br>WHOLE GRAIN BREAD<br>GRAPE JUICE |
| 8 TURKEY<br>WHITE BREAD<br>ORANGE PINEAPPLE<br>JUICE      | 9 EGG SALAD<br>WHOLE GRAIN<br>GRAPE JUICE         | 10 TUNA SALAD<br>SANDWICH ROLL<br>BANANA               | 11 TURKEY<br>WHOLE WHEAT BREAD<br>PINEAPPLE JUICE | 12 CHICKEN SALAD<br>RYE BREAD<br>ORANGE JUICE         |
| 15 TURKEY<br>WHEAT BREAD<br>ORANGE PINEAPPLE<br>JUICE     | 16 EGG SALAD<br>WHITE BREAD<br>ORANGE             | 17 CHICKEN SALAD<br>RYE BREAD<br>CRANBERRY JUICE       | 18 HAM<br>WHEAT SANDWICH ROLL<br>BANANA           | 19 TUNA SALAD<br>WHOLE WHEAT BREAD<br>APPLE JUICE     |
| 22 TURKEY<br>WHEAT BREAD<br>GRAPE JUICE                   | 23 EGG SALAD<br>WHOLE GRAIN BREAD<br>ORANGE JUICE | 24 CHICKEN SALAD<br>WHEAT HAMBURG ROLL<br>ORANGE JUICE | 25 TURKEY AND SWISS<br>MARBLE RYE<br>APPLE JUICE  | 26 TUNA SALAD<br>WHOLE WHEAT BREAD<br>ORANGE          |
| 29 TURKEY & SWISS<br>WHOLE WHEAT BREAD<br>CRANBERRY JUICE | 30 EGG SALAD<br>WHEAT BREAD<br>APPLE              | 31 CHICKEN SALAD<br>SANDWICH ROLL<br>GRAPE JUICE       |   |   |

**2018**



**ALL OF US AT FOODNET  
MEALS ON WHEELS WOULD  
LIKE TO WISH YOU ALL A  
HAPPY, HEALTHY NEW YEAR!**

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

|   |   |                            |
|---|---|----------------------------|
| <b>JESSICA</b>                                    | <b>KELLY</b>                                      | <b>JOE</b>                 |
| TITUS-TBA<br>GROTON-TBA<br>YMCA-TBA<br>T-BURG-TBA | TITUS-TBA<br>GROTON-TBA<br>YMCA-TBA<br>T-BURG-TBA | TITUS-<br>GROTON-<br>YMCA- |

**NEED HELP WITH SNOW REMOVAL?**  
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.