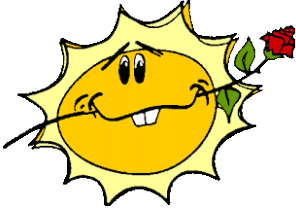


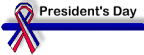



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Spinach & Pear Salad Pot Roast w/ Gravy (or Baked Ham) Sour Cream & Chive Mashed Potatoes Green Beans Sugar Cookie* *Apple	2 Beet & Onion Salad Cheese Strata (or Chicken Patty) Stewed Tomatoes Spinach Banana 
5 Chicken Parmesan (or Beef Patty w/ Gravy) Cous-Cous Algiers California Blend Veggies. Grape Juice Chocolate-Chip Cookie* *Banana	6 Green Salad Meatloaf w/ Gravy (or Baked Ham) Scalloped Potatoes Cabbage & Carrots Orange-Pineapple Delight* *Orange	7 Sweet & Sour Pork (or Chicken Patty) Rice Pilaf Broccoli Cranberry Juice Apple Crisp* *Apple	8 Greek Chickpea Salad Chicken Tetrizzini (or Potato-Battered Fish) Winter Squash Green Beans Chocolate Pudding* *Diet Chocolate Pudding	9 Macaroni & Cheese (or Beef Patty w/ Gravy) Zucchini & Tomatoes Spinach Apple Juice Sliced Peaches
12 Swiss Cheeseburger (or Chicken Patty) German Potato Salad Peas Wheat Hamburger Roll Grape Juice Marble Ice Cream	13 Chicken A La King (or Beef Patty w/ Gravy) Brown Rice Pilaf Beans & Greens Pineapple Juice Sliced Pears	14 Spinach-Tomato Salad Spaghetti w/ Meat Sauce (or Potato Battered Fish) Broccoli Cauliflower Oatmeal Craisin Cookie* *Orange 	15 Golden Carrot Salad BBQ Pork Chop (or Chicken Patty) Sweet Potatoes Brussels Sprouts Orange	16 Seafood Creole (or Beef Patty w/ Gravy) Red Beans & Rice Spinach Orange Juice Bread Pudding* *Diet Vanilla Pudding
19 Beef Sloppy Joes (or Chicken Patty) Winter Squash Green Beans Hamburger Roll Apple Juice Banana 	20  FOODNET WILL NOT BE OPEN TODAY!	21 Tossed Salad Roast Pork w/ Gravy) Mashed Potatoes Braised Red Cabbage Sliced Peaches	22 Pasta Fagioli (or Chicken Patty) Spinach Cornbread Grape Juice Pineapple Tidbits	23 Salmon Loaf w/ Dill Sauce (or Baked Ham) Brown Rice Pilaf Italian Blend Veggies. Orange Juice Carnival Cookie* *Diced Pears
26 BBQ Pork Riblet (or Chicken Patty) Sweet Potatoes Broccoli Hamburger Roll Cranberry Juice Rice Pudding* *Diet Vanilla Pudding	27 Green Salad w/ Grape Tomatoes Hunter's Chicken (or Beef Patty w/ Gravy) Spirals w/ Pesto Cream Sauce Green Beans Orange Olive-Oil Cake	28 Turkey Meatloaf w/ Roasted Red Pepper Sauce Cheddar Mashed Potatoes Brussels Sprouts Apple Juice Fruited Strawberry Gelatin* *Diet Fruited Gelatin	Each Meal Includes: Half-Pint of 2% or Skim Milk or Lactaid *Substitute for Sweets #Low-sodium Substitute	



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

Lifelong:
119 W. Court St
Ithaca, NY 14850
(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.**

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.

**FEBRUARY
2018**



2018 Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 TUNA SALAD SANDWICH ROLL APPLE JUICE	2 ROAST BEEF RYE BREAD ORANGE JUICE
5 HAM & SWISS WHITE BREAD ORANGE-PINEAPPLE JUICE	6 SEAFOOD SALAD SANDWICH ROLL APPLE	7 TURKEY WHEAT BREAD CRANBERRY JUICE	8 EGG SALAD WHOLE GRAIN BREAD ORANGE JUICE	9 CHICKEN SALAD WHEAT SANDWICH ROLL GRAPE JUICE
12 TURKEY WHEAT BREAD ORANGE JUICE	13 HAM SALAD RYE BREAD BANANA	14 CHICKEN SALAD SANDWICH ROLL GRAPE JUICE 	15 EGG SALAD WHOLE GRAIN BREAD APPLE JUICE	16 TUNA SALAD WHEAT SANDWICH ROLL APPLE
19 TURKEY SANDWICH ROLL ORANGE JUICE 	20 	21 TURKEY PASTRAMI WHOLE GRAIN BREAD GRAPE JUICE	22 TUNA SALAD WHEAT BREAD ORANGE	23 HAM SALAD RYE BREAD BANANA
26 HAM WHITE BREAD APPLE JUICE	27 EGG SALAD WHOLE GRAIN BREAD GRAPE JUICE	28 TUNA SALAD SANDWICH ROLL BANANA		

Exciting news! Lifelong and Foodnet are partnering to bring Foodnet's congregate meal program to Lifelong on Tuesdays, **starting on January 23, 2018 at 11:30am-1:00pm.**

The program is available to community older adults that are 60 years of age and older that would benefit from a nutritious meal. Individuals under the age of 60 are encouraged to call Foodnet about options. 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 Lifelong membership is not required to join the congregate dining program, there are wonderful workshops and programs available for older adults.

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

FOODNET MEALS ON WHEELS WILL BE CLOSED ON TUESDAY, FEBRUARY 20, 2018 TO ALLOW FOODNET EMPLOYEES A PROFESSIONAL DEVELOPMENT DAY. A FROZEN MEAL WILL BE OFFERED FOR THAT DAY. YOUR DRIVER OR SITE MANAGER WILL BE ASKING YOU IF YOU WANT THE FROZEN MEAL BEFORE THAT DATE.

CONGREGATE SITE VISITS IN THE MONTH OF FEBRUARY

JESSICA	KELLY	JOE
TITUS-MON 2/26 GROTON-THURS 2/15 YMCA-MON 2/19 LIFELONG-TUES 2/27	TITUS-MON 2/26 GROTON-WED 2/28 YMCA-THURS 2/8 LIFELONG-TUES 2/6	TITUS-MON 2-26 GROTON-MON 2-19 YMCA-MON 2-12 LIFELONG-TUES 2-13

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.