



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
|  <p><b>Daylight Savings Time Begins on Sunday, March 11, 2018</b></p>                          | <p><b>Each Meal Includes:<br/>Half-Pint of 2% or Skim Milk or Lactaid</b></p>   | <p><b>*Substitute for Sweets<br/>#Low-Sodium Substitute</b></p>  | <p><b>1</b> Macaroni Salad<br/>Reduced-Sodium Hot Dog (or Beef Patty w/ Gravy)<br/>Baked Beans<br/>Spinach<br/>Wheat Hot Dog Roll<br/>Banana</p>  | <p><b>2</b> Creamy Coleslaw<br/>Cod Mornay (or Baked Ham)<br/>Lemon Rice<br/>California Blend Vegetables<br/>Jane's Carrot Cake*<br/>*Plain Carrot Cake</p>                       |
| <p><b>5</b> Chicken Spanish Rice (or Potato Battered Fish)<br/>Beans &amp; Greens<br/>Corn<br/>Grape Juice<br/>Brownie*<br/>*Apple</p>   | <p><b>6</b> Romaine Salad<br/>Italian Sausage Patty# (or Beef Patty) w/ Peppers &amp; Onions<br/>Parmesan Potatoes<br/>Italian Blend Vegetables<br/>Pineapple Tidbits</p>   | <p><b>7</b> Carrot-Raisin Salad<br/>Beef Stew (or Potato Battered Fish)<br/>Harvard Beets<br/>Biscuit<br/>Orange</p>   | <p><b>8</b> Chicken Scampi (or Beef Patty w/ Gravy)<br/>Long-Grain &amp; Wild Rice<br/>Carrots<br/>Wheat Dinner Roll<br/>Orange-Pineapple Juice<br/>Apple Cake</p>  | <p><b>9</b> Three Bean Salad<br/>Cheese Lasagna (or Chicken Patty)<br/>Winter Squash<br/>Broccoli<br/>Sliced Pears</p>  |
| <p><b>12</b> Fish Sandwich w/Tartar Sauce (or Beef Patty)<br/>Potatoes O'Brien<br/>Peas &amp; Carrots<br/>Hamburger Roll<br/>Orange Juice<br/>Strawberry Ice Cream</p>         | <p><b>13</b> Cranberry-Apple Relish<br/>Baked Ham w/ Pineapple Slice (or Turkey w/ gravy)<br/>Au Gratin Potatoes<br/>Sarah's Black Beans<br/>Orange-Pineapple Delight*<br/>*Orange</p>  | <p><b>14</b> Shrimp &amp; Chicken Jambalaya (or Beef Patty w/ Gravy)<br/>Broccoli<br/>Carrots<br/>Apple Juice<br/>Chocolate Cake</p>                             | <p><b>15 St. Patrick's Day Meal</b><br/>Green Salad<br/>Corned Beef w/ Horseradish Sauce (or Baked Ham)<br/>Potatoes O'Brien<br/>Cabbage &amp; Carrots<br/>Wheat Dinner Roll<br/>Oatmeal-Craisin Cookie*<br/>*Apple</p> | <p><b>16</b> Beet &amp; Onion Salad<br/>Vegetable Frittata (or Chicken Patty)<br/>Stewed Tomatoes<br/>Spinach<br/>Banana</p>  |
| <p><b>19</b> Chicken Parmesan (or Beef Patty)<br/>Cous-Cous Algiers<br/>California Blend Veg.<br/>Wheat Dinner Roll<br/>Grape Juice<br/>Chocolate-Chip Cookie*<br/>*Banana</p> | <p><b>20</b> Green Salad<br/>Meatloaf w/ Gravy (or Baked Ham) <br/>Scalloped Potatoes<br/>Cabbage &amp; Carrots<br/>Orange-Pineapple Delight*<br/>*Orange</p> | <p><b>21</b> Sweet &amp; Sour Pork (or Chicken Patty)<br/>Rice Pilaf<br/>Broccoli<br/>Pineapple Juice<br/>Apple Crisp*<br/>*Apple</p>                            | <p><b>22</b> Greek Chickpea Salad<br/>Chicken Tetrastini (or Potato Battered Fish)<br/>Winter Squash<br/>Green Beans<br/>Chocolate Pudding*<br/>*Diet Chocolate Pudding</p>   | <p><b>23</b> Macaroni &amp; Cheese (or Beef Patty w/ Gravy)<br/>Zucchini &amp; Tomatoes<br/>Spinach<br/>Apple Juice<br/>Sliced Peaches</p>  |
| <p><b>26</b> Swiss Cheeseburger (or Chicken Patty)<br/>German Potato Salad<br/>Peas<br/>Wheat Hamburger Roll<br/>Grape Juice<br/>Marble Ice Cream</p>                          | <p><b>27</b> Chicken A La King (or Beef Patty w/ Gravy)<br/>Brown Rice Pilaf<br/>Beans &amp; Greens<br/>Pineapple Juice<br/>Sliced Pears</p>  | <p><b>28</b> Spinach-Tomato Salad<br/>Spaghetti w/ Meat Sauce (or Potato Battered Fish)<br/>Broccoli<br/>Cauliflower<br/>Oatmeal-Craisin Cookie*<br/>*Orange</p> | <p><b>29</b> Golden Carrot Salad<br/>BBQ Pork Chop (or Chicken Patty)<br/>Sweet Potatoes<br/>Brussels Sprouts<br/>Orange</p>  | <p><b>30</b> Seafood Creole (or Beef Patty w/ Gravy)<br/>Red Beans &amp; Rice<br/>Spinach<br/>Wheat Dinner Roll<br/>Orange Juice<br/>Bread Pudding*<br/>*Diet Vanilla Pudding</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) 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 are served between 11:30 am and 1:00 pm.  
Meals must be reserved by 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.**


**MARCH  
2018**



United Way of Tompkins County  
Community Partner

# MARCH 2018 Sandwich Menu



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
|  |  |  | 1 CHICKEN SALAD<br>WHEAT BREAD<br>PINEAPPLE JUICE    | 2 TURKEY PASTRAMI<br>RYE BREAD<br>ORANGE JUICE            |
| 5 TURKEY<br>WHEAT BREAD<br>ORANGE-<br>PINEAPPLEJUICE       | 6 SEAFOOD SALAD<br>WHITE BREAD<br>ORANGE   | 7 EGG SALAD<br>RYE BREAD<br>CRANBERRY JUICE                | 8 HAM SALAD<br>WHEAT SANDWICH<br>ROLL<br>BANANA      | 9 CHICKEN SALAD<br>WHOLE GRAIN<br>BREAD<br>APPLE JUICE    |
| 12 TURKEY PASTRAMI<br>WHEAT BREAD<br>GRAPE JUICE           | 13 EGG SALAD<br>WHOLE GRAIN<br>BREAD<br>PINEAPPLE JUICE  | 14 CHICKEN SALAD<br>WHEAT SANDWICH<br>ROLL<br>ORANGE JUICE | 15 TUNA SALAD<br>SANDWICH ROLL<br>APPLE JUICE        | 16 ROAST BEEF<br>RYE BREAD<br>ORANGE                      |
| 19 HAM & SWISS<br>WHITE BREAD<br>ORANGE-PINEAPPLE<br>JUICE | 20 SEAFOOD SALAD<br>SANDWICH ROLL<br>APPLE  | 21 TURKEY<br>WHEAT BREAD<br>CRANBERRY JUICE                | 22 EGG SALAD<br>WHOLE GRAIN<br>BREAD<br>ORANGE JUICE | 23 CHICKEN SALAD<br>WHEAT SANDWICH<br>ROLL<br>GRAPE JUICE |
| 26 TURKEY<br>WHEAT BREAD<br>ORANGE JUICE                   | 27 HAM SALAD<br>RYE BREAD<br>BANANA  | 28 CHICKEN SALAD<br>SANDWICH ROLL<br>GRAPE JUICE           | 29 EGG SALAD<br>WHOLE GRAIN<br>BREAD<br>APPLE JUICE  | 30 TUNA SALAD<br>WHEAT SANDWICH<br>ROLL<br>APPLE          |

**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!**



| CONGREGATE SITE VISITS IN THE MONTH OF MARCH | JESSICA   | KELLY   | JOE  |
|--|---|---|--|
|  | TITUS-TBA<br>GROTON-TBA<br>YMCA-TBA<br>LIFELONG-TBA | TITUS-TUES 3/27<br>GROTON-WED 3/28<br>YMCA-THURS 3/15<br>LIFELONG-TUES 3/13 | TITUS-MON 3/26<br>GROTON-MON 3/19<br>YMCA-MON 3/12<br>LIFELONG-TUES 3/13 |

## 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.



## The Mac Is Back! 2018 Foodnet Mac 'n Cheese Bowl! Saturday, March 17th 11:30 - 2:00

Who makes the best mac 'n cheese in town? You decide! Taste them all and vote for your favorites!

Foodnet Meals on Wheels is thrilled to announce the **5th Annual Mac 'n Cheese Bowl** competition! Mark your calendars for **Saturday, March 17 from 11:30am - 2:00pm at the Ithaca High School Cafeteria.**

Foodnet provides over 700 daily meals to 400 older adults, and others in Tompkins County. Our services offer nutritious meals, friendly visits, and safety checks so our neighbors live without hunger and isolation. The event proceeds will go towards furthering the Foodnet mission, so our participants can continue to count on us for their meals and more!

19 local restaurants and vendors will be whipping up their version of everyone's favorite comfort food. Come for the tastings, live music, raffles and more!

Visit us on Facebook at [5th Annual Foodnet Mac 'n Cheese Bowl](#) for more details and a list of competitors. You can also find us on Twitter [@FoodnetMOW](#) and at [www.foodnet.org](http://www.foodnet.org)

Available for the first time, the option to donate a meal for [Foodnet](#) clients when you purchase your ticket online via [Brown Paper Tickets](#). For only an additional \$8, you not only get to sample all the delicious mac but you sponsor a meal for a local client.

### Tickets:

Pre-sale Tickets: Adults \$10 , Children 5-12 \$8 , 4 & Under Free  
Online at [Brown Paper Tickets](#),

[MacNCheeseBowl5.brownpapertickets.com](http://MacNCheeseBowl5.brownpapertickets.com)

In-stores at the Ithaca Wegmans Customer Services Desk  
At the Foodnet Office, 2422 N. Triphammer Rd. M-F 7AM-3:30PM

### Participating Restaurants

|                               |                                 |
|-------------------------------|---------------------------------|
| Agava                         | Ithaca Ale House                |
| Brookdale Ithaca – MC         | Ithaca College Dining Services  |
| Brookdale Ithaca – AL         | Kendal at Ithaca                |
| Cayuga Medical Center         | Kilpatrick's Publick House      |
| Cornell Catering              | Longview, an Ithacare Community |
| Crossroads Bar & Grille       | Luna Inspired Street Food       |
| Foodnet Meals on Wheels       | Red's Place                     |
| Gola Osteria                  | Rogues' Harbor Inn              |
| Greenstar Natural Food Market | Serendipity Catering            |
|                               | Trumansburg Central Schools     |



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.