

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Each meal includes:</b> Half-pint of 2% or Skim Milk or Lactaid</p> <p><b>*Substitute for Sweets</b> <b>#Low-Sodium Substitute</b></p>	<p><b>1</b> Green Salad Beef Chili Con Carne (or Chicken Patty) Brussels Sprouts Corn Chocolate Pudding* *Diet Chocolate Pudding</p>	<p><b>2</b> Cranberry-Orange Relish Turkey w/ Gravy (or Baked Ham) Baked Potato Peas Jane's Carrot Cake* *Plain Carrot Cake</p>	<p><b>3</b> Macaroni Salad Reduced Sodium Hot Dog (or Potato Battered Fish) Baked Beans Spinach Hot Dog Roll Orange</p>	<p><b>4</b> Creamy Coleslaw Salmon Loaf w/ Dill Sauce (or Beef Patty w/ Gravy) Brown Rice Pilaf Broccoli Oatmeal-Craisin Cookie* *Apple</p>
<p><b>7</b> Italian Sausage Patty# (or #Beef Patty) w/ Peppers &amp; Onions Spirals w/ Pesto Cream Sauce California Blend Veggies. Orange Juice Banana Cake</p>	<p><b>8</b> Creamy Cucumbers Fish Sandwich w/ Tartar Sauce (or Chicken Patty) Potatoes O'Brien Spinach Wheat Hamburger Roll Banana</p>	<p><b>9</b> Three Bean Salad Spaghetti w/ Meat Sauce (or Potato Battered Fish) Cauliflower Carrots Sliced Pears</p>	<p><b>10</b> Sweet &amp; Sour Chicken (or Beef Patty w/ Gravy) White Rice Winter Squash Orange-Pineapple Juice Almond Cookie* *Fruit Cocktail</p>	<p><b>11</b>Vegetable Lasagna Alfredo (or Chicken Patty) Carrots Green Beans Apple Juice Strawberry Ice Cream</p>
<p><b>14</b> Potato Salad Beef Sloppy Joes (or Potato Battered Fish) Brussels Sprouts Carrots Wheat Hamburger Roll Fruit Cocktail</p>	<p><b>15</b> Romaine Salad Baked Ziti w/ Meat Sauce (or Baked Ham) Broccoli Cornbread Raspberry-Apple Crisp* *Applesauce</p>	<p><b>16</b> Creamy Coleslaw Chicken Spiedies (or Beef Patty) Spinach Corn Wheat Hot Dog Roll Carnival Cookie* *Orange</p>	<p><b>17</b> Meatloaf w/ Gravy (or Potato Battered Fish) Sour Cream &amp; Chive Mashed Potatoes Beans &amp; Greens Orange Juice Chocolate Cake</p>	<p><b>18</b> Golden Carrot Salad Sicilian-Style Cod (or Turkey w/ Gravy) Lemon Rice Green Beans Banana</p>
<p><b>21</b> Baked Ham (or Beef Patty w/ Gravy) Au Gratin Potatoes Peas &amp; Carrots Grape Juice Pumpkin Pie Squares* *Sliced Pears</p>	<p><b>22</b> Spinach &amp; Pear Salad Hunter's Chicken (or Potato Battered Fish) Linguini w/ Tomato Sauce Broccoli Cherry-Berry Bars* *Apple</p>	<p><b>23</b> Macaroni &amp; Cheese (or Beef Patty w/ Gravy) Stewed Tomatoes Spinach Cranberry Juice Sliced Peaches</p>	<p><b>24</b> White Bean Salad Shrimp &amp; Chicken Jambalaya (or Potato Battered Fish) Brussels Sprouts Cheddar Biscuit Chocolate Ice Cream</p>	<p><b>25</b> Macaroni Salad Pulled Pork (or Chicken Patty) Collard Greens Carrots Wheat Hamburger Roll Pineapple Tidbits</p>
<p><b>28</b> Foodnet will not be serving today in honor of Memorial Day.</p> 	<p><b>29</b> Swiss &amp; Tomato Cheeseburger (or Swiss &amp; Tomato Chicken Patty) Broccoli Carrots Pineapple Juice Hamburger Roll Apple</p>	<p><b>30</b> Cornell Chicken Breast (or Baked Ham) Rice Pilaf Beans &amp; Greens Brownie* *Banana</p>	<p><b>31</b> Greek Chickpea Salad Goulash (or Potato Battered Fish) Corn Peas Orange</p>	



**OFFICE:**  
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**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 (Thursday Only)  
50 Graham Rd. W.  
(607) 279-9146

**Lifelong:** (Tuesday Only)  
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 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.**

**MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.**



United Way of Tompkins County  
Community Partner



**MAY**  
**2018**



# 2018 Sandwich Menu



ENGAGE AT EVERY AGE: MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 EGG SALAD OAT BRAN BREAD APPLE JUICE	2 SEAFOOD SALAD WHITE BREAD ORANGE JUICE	3 CHICKEN SALAD WHOLE GRAIN BREAD GRAPE JUICE	4 TURKEY WHEAT SANDWICH ROLL PINEAPPLE JUICE
7 TURKEY WHEAT BREAD GRAPE JUICE	8 EGG SALAD ITALIAN BREAD ORANGE-PINEAPPLE JUICE	9 TUNA SALAD SANDWICH ROLL ORANGE	10 HAM SALAD CRACKED WHEAT BREAD CRANBERRY JUICE	11 ROAST BEEF WHOLE GRAIN BREAD BREAD BANANA
14 TURKEY PASTRAMI RYE BREAD APPLE	15 SEAFOOD SALAD MULTIGRAIN BREAD ORANGE	16 EGG SALAD WHOLE GRAIN BREAD ORANGE-PINEAPPLE JUICE	17 HUMMUS WHOLE GRAIN PITA GRAPE JUICE	18 CHICKEN SALAD WHEAT BREAD ORANGE JUICE
21 TURKEY WHEAT SANDWICH ROLL BANANA	22 EGG SALAD WHOLE GRAIN BREAD ORANGE JUICE	23 TUNA SALAD OAT BRAN BREAD APPLE JUICE	24 HAM & SWISS PUMPERNICKLE BREAD GRAPE JUICE	25 CHICKEN SALAD WHEAT BREAD ORANGE
28 <i>Memorial Day</i> 	29 HAM & SWISS WHITE BREAD APPLE JUICE	30 SEAFOOD SALAD MULTIGRAIN BREAD ORANGE-PINEAPPLE JUICE	31 HAM SALAD RYE BREAD BANANA	

This month, we celebrate the legacies and gifts that our older adult neighbors bring to our community. Every May, the Administration on Aging leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Did you know that by participating in Foodnet's services, you are actively engaging in your nutritional health and wellbeing? Each meal is certified by our very own registered dietitian to ensure that our meals include the right nutritional balance appropriate for older adults. National research tells us that our programming reduces hospitalizations, emergency room visits, and nursing home use.

Research also tells us that engaging in meaningful work has actual physical benefits. Older Americans are volunteering all throughout their communities, and in higher numbers than ever before. We are honored to have so many committed volunteers that support our program. Give us a call if you are interested in joining one of the congregate sites as a dining room volunteer.

Most of all, we thank you for being part of our Foodnet community. We learn from you every day.

**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**

### NEED HELP WITH YARD WORK?

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.



### GRANTS FOR NUTRITIONAL HEALTH

Foodnet Meals on Wheels recently received grants from the United Way of Tompkins County and Blue Cross Excellus to add nutrient dense items, such as grains, beans and fiber-enriched breads, fruits and vegetables. The goal is to promote nutritional health and alleviate inadequate nutrient intake among the older adults and others we serve in Tompkins County.



### UPCOMING EVENTS

**May 13—Mother's Day**

**May 28—Memorial Day-Foodnet Closed**

**June 15—Foodnet's 31st Annual Picnic**

**June 17—Father's Day**

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

JESSICA	KELLY	JOE
TITUS-TBA GROTON-TBA YMCA-TBA LIFELONG-TBA T-BURG-THURS 5-31	TITUS-MON 5/14 GROTON-FRI 5-11 YMCA-THURS 5-24 LIFELONG-TUES 5- 8 T-BURG-THURS 5-31	TITUS-MON 5/21 GROTON-MON 5/ 14 YMCA-THURS 5/3 LIFELONG-TUES 5/8

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.