


<p>2 Barbeque Pork Riblet (or Potato Battered Fish) Wheat Hamburger Roll Sweet Potatoes Braised Red Cabbage Grape Juice Marble Ice Cream</p>	<p>3 Green Salad with Tomatoes Lemon Baked Fish (or Chicken Patty) Potato Wedges Broccoli Chocolate Chip Cookie * Apple</p>	<p>4  There will be no delivery to-day due to the 4th of July holiday. Enjoy your Independence Day!!</p>	<p>5 Spinach Salad w/Pears and Onions Beef Goulash (or Turkey) Corn Green Beans Orange</p>	<p>6 <u>Cold Plate</u> Tuna Salad (or Sliced Ham) Carrot Raisin Salad Broccoli and Rotini Salad Whole Wheat Dinner Roll Apple Juice Grapes</p>
<p>9 Chicken Barbeque Sandwich (or Potato Battered Fish) Wheat Hamburger Roll Smashed Red Potatoes California Blend Vegetables Apple Juice Chocolate Ice Cream</p>	<p>10 Fresh Fruit Salad Macaroni and Cheese (Beef Patty) Zucchini and Tomatoes Green Beans and Red Bell Peppers Peaches</p>	<p>11 Green Salad w/Cherry Tomato Breaded Fish (or Chicken Patty) on Wheat Hamburger Bun Cauliflower Broccoli Chocolate Chip Cookie * Peach</p>	<p>12 Spinach Salad w/ Orange & Onion Baked Ziti w/ Meat Sauce (or Reduced Sodium Ham) Whole Wheat Dinner Roll Carrots Green Beans Apple</p>	<p>13 <u>Cold Plate</u> Chicken Salad (or Tuna Salad) Wheat Dinner Roll Cous Cous Beet and Apple Salad Pineapple Orange Juice Grapes</p>
<p>16 Swiss Steak (or Chicken Patty) Lyonnais Potatoes Italian Blend Vegetables Cranberry Juice Strawberry Ice Cream</p>	<p>17 <u>COLD PLATE</u> Ham & Swiss Cheese (or Turkey & Swiss Cheese) Whole Wheat Dinner Roll Penne Tomato-Mozzarella salad Carrot and Raisin Salad Carnival Cookie * Apple</p>	<p>18 Spinach with Tomato Salad Spaghetti with Meat Sauce (Lemon Baked Fish) Whole Wheat Roll Cauliflower Green Beans Grapes</p>	<p>19 Creamy Cucumber Salad Chicken-Tomato-Swiss (or Beef Patty) Wheat Bun Potatoes O'Brien Broccoli with Red Bell Pepper Cheddar Mashed Potato Apple</p>	<p>20 <u>COLD PLATE</u> Fresh Fruit Salad Turkey & Cheese (or Hummus) Whole Wheat Roll Cottage Cheese w/PearSlice Raspberry Marinated Carrots Chocolate Ice Cream</p>
<p>23 Chicken Scampi (or Beef Patty with Gravy) Noodles Alfredo Broccoli Grape Juice Marble Ice Cream</p>	<p>24 Macaroni Salad Pulled Pork (or Chicken Patty) Wheat Roll Collard Greens Corn Pineapple Tidbits</p>	<p>25 Raspberry Marinated Carrots Sicilian Style Cod (Turkey with Gravy) Brown Rice Pilaf Broccoli Raspberry Apple Crisp * Pear</p>	<p>26 German Potato Salad Reduced Sodium Hot Dog (or Beef Patty) Wheat Hot Dog Roll Baked Beans Spinach Orange</p>	<p>27 <u>COLD PLATE</u> Tuna Salad (or Sliced Ham) Beet & Onion Salad Greek Chick Pea Salad Whole Wheat Dinner Roll Orange Juice Jane's Carrot Cake * Plain Cake</p>
<p>30 Italian Sausage w/ Peppers (or Lemon Fish) Pasta Spirals with Pesto California Blend Vegetables Cranberry Juice Pear</p>	<p>31 <u>COLD PLATE</u> Seafood Salad (or Sliced Turkey) Creamy Pesto Pasta Broccoli & Tomato Salad Whole Wheat Dinner Roll Orange Juice Orange Olive-Oil Cake * Nectarine</p>		<p>EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK</p> <p>*SUBSTITUTE FOR SWEETS</p> <p>#LOW-SODIUM SUBSTITUTE</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.</p> </div>



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 (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 re-served 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 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.


JULY 2018



United Way of Tompkins County Community Partner

July 2018 Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey Multigrain Bread Pear	3 Egg Salad Wheat Bread Banana	4 	5 Roast Beef Rye Bread Pear	6 Turkey Cracked Wheat Nectarine
9 Ham & Swiss Rye Bread Orange	10 Egg Salad Cracked Wheat Pear	11 Roast Beef Pumpkin Bread Nectarine	12 Hummus Whole Wheat Pita Banana	13 Turkey Marble Rye Pears
16 Turkey Wheat Bread Orange	17 Egg Salad Multigrain Bread Peach	18 Ham Salad 12 Grain Bread Banana	19 Turkey Canadian Oat Bread Nectarine	20 Egg Salad Rye Bread Orange
23 Seafood Salad Wheat Bread Apple	24 Hummus Whole Wheat Pita Peach	25 Egg Salad Marble Rye Bread Nectarine	26 Chicken Salad Multigrain Bread Pear	27 Roast Beef Rye Bread Nectarine
30 Chicken Salad Wheat Bread Peach	31 Egg Salad 12 Grain Bread 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

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

JESSICA
TITUS-TBA
GROTON-TBA
YMCA-TBA
LIFELONG-7/10

KELLY
TITUS-FRI-7/6
GROTON -FRI 7/13
YMCA -7/26
LIFELONG-7/24

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.



SENIOR FARMER'S MARKET COUPONS ARE AVAILABLE

Basic Information:

There are five \$4 coupons in each booklet (\$20).

The coupons can be used at any participating market, with any participating vendor.

Recipients can redeem coupons until November 30th, after-which they become invalid.

Coupon booklets are given out on a first-come, first-serve basis.

Eligibility:

Recipients must be Over 60

Recipients must meet income requirements:

1-Person Household: \$1860/Month

2-Person Household: \$2504/Month

3-Person Household: 3149/Month

*If there are multiple older adults in one household and the household is eligible, they can each get a booklet.

Recipients can only get one booklet per season.

Recipients must be present to sign the statement of eligibility, no proxies. A valid Power of Attorney document is acceptable.

Redemption:

Recipients can have someone else redeem the coupons for them if they cannot travel to a farmer's market.

The coupons can be redeemed at any participating farmer's market throughout New York State. The coupons can only be used to purchase fresh fruits and vegetables - no meats or dairy, and no vegetable plants or flowers.

The vendors cannot give change if the amount of the produce is less than a coupon.

Participating vendors at the markets will have signs indicating that they accept the coupons.

Please call the office at 607-266-9553 if you are interested in receiving the coupons.



DO YOU HAVE A FAVORITE RECIPE THAT YOU WOULD LIKE TO HAVE FOODNET ADD TO THE MENU?

If you do, send it in with your driver or give it to the site manager.

Who knows, it may just make the next menu!



UPCOMING EVENTS

July 4th—Foodnet will be closed

SUMMER!!!!



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.

