


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Each meal includes: Half-pint of 2% or Skim Milk or Lactaid</p> <p>*Substitute for Sweets #Low-Sodium Substitute</p>	<p>On June 15, Foodnet will be hosting our 31st Annual Picnic at Stewart Park (see back for more details). There will be a cold plate served for people not attending the picnic. Just let your driver or site manager know if you want one.</p>		 <p>HAPPY FATHER'S DAY</p>	<p>1 Green Salad with Grape Tomatoes Liver and Onions (or Beef Patty with gravy) Sweet Potatoes Green Beans Chocolate Chip Cookie Fruit Cocktail</p>
<p>4 Barbeque Pork Riblet (or Potato Battered Fish) Wheat Hamburger Roll Sweet Potatoes Braised Red Cabbage Grape Juice Marble Ice Cream</p>	<p>5 Carrot Raisin Salad Chicken Scampi (or Low Sodium Ham) Long Grain Wild Rice Broccoli Blueberry Pound Cake</p>	<p>6 Spinach Salad with Oranges & Onions Homemade Cheese Lasagna (or Beef Patty) Green Beans Corn Pear</p>	<p>7 Raspberry Marinated Carrots Sicilian Style Cod (or Turkey) Brown Rice Spinach Orange Peach Raspberry Crisp</p>	<p>8 Greek Chickpea Salad Sweet and Sour Chicken (or Beef Patty) Long Grain Wild Rice Broccoli Almond Cookie</p>
<p>11 Chicken Parmesan (or Potato Battered Fish) Potato Wedges Beans and Greens Peach Slices Pineapple-Orange Juice</p>	<p>12 Broccoli & Tomato Salad Vegetable Lasagna (or Beef Patty) Carrots Green Beans Strawberry Ice Cream</p>	<p>13 Rosy Apple Salad *Diet Rosy Apple Salad Italian Pasta with Beans (or Potato Battered Fish) Carrots Cauliflower Vanilla Ice Cream</p>	<p>14 Spinach Salad w/Pears & Onions Spaghetti w/Meat Sauce (or Lemon Baked Fish) Carrots Cauliflower Grapes</p>	<p>15 FOODNET ANNUAL PICNIC Cornell-Style Grilled Chicken Breast Homemade Potato Salad Baked Beans Whole Wheat Dinner Roll Watermelon</p>
<p>18 Italian Sausage with Peppers & Onions (or # Lemon Baked Fish) Pasta Spirals with Pesto California Blend Veggies Pear Grape Juice</p>	<p>19 COLD PLATE Tossed Salad with grape tomatoes Tuna Salad (or Sliced Ham) Macaroni Salad White Bean Salad Whole Wheat Dinner Roll Mandarin Oranges</p>	<p>20 Cranberry Apple Relish Turkey with Gravy (or Sarah's Black Bean Burger) Mashed Potatoes w/Sour Cream & Chives Peas Jane's Carrot Cake* *Plain Carrot Cake</p>	<p>21 Greek Chickpea Salad Sweet & Sour Chicken (or Beef Patty with Gravy) Long Grain Wild Rice Broccoli Almond Cookie Fruit Cocktail</p>	<p>22 COLD PLATE Pineapple Juice Tuna with Vinaigrette (or Sliced Ham) Cous-Cous Beet and Apple Salad Whole Wheat Roll Grapes</p>
<p>25 Spinach Salad with Pears and Onions Swiss Steak (or Potato Battered Fish) Herb Roasted Potatoes California Blend Vegetables Orange</p>	<p>26 COLD PLATE Broccoli and Tomato Salad Hummus on Whole Wheat Pita (or Turkey Salad on Whole Wheat Pita) Beet and Onion Salad Carrot Raisin Salad Chocolate Ice Cream</p>	<p>27 Spinach, Orange, & Onion Salad Cheese Lasagna (or Beef Patty) Corn Green Beans Pear</p>	<p>28 Creamy Cucumber Salad Low Salt Hot Dog on Wheat Hot Dog Bun (or Chicken Patty) Sauerkraut Potatoes O'Brien Spinach Banana</p>	<p>29 COLD PLATE Green Salad with Grape Tomatoes Sliced Turkey and Cheese (Sliced Ham and Cheese) Whole Wheat Dinner Roll Red Potato and Green White Bean Salad Fresh Fruit Salad Apple Cake</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.

JUNE 2018


MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



United Way of Tompkins County
Community Partner



2018 Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Egg Salad on Multigrain Bread Apple
4 Turkey on Multigrain Bread Pear	5 Hummus with Whole Wheat Pita Plum	6 Seafood Salad on Wheat Bread Orange	7 Roast Beef on Cracked Wheat Bread Nectarine	8 Ham Salad on Multigrain Bread Apple
11 Low Sodium Ham on Marble Rye Orange	12 Roast Beef on Oat Bran Bread Banana	13 Egg Salad on Wheat Bread Orange	14 Ham Salad on Multigrain Bread Nectarine	15 Foodnet Closed for Picnic at Stewart Park 
18 Low Sodium Ham on 12 Grain Bread Nectarine	19 Roast Beef on Pumpernickel Plum	20 Hummus with Whole Wheat Pita Plum	21 Turkey Salad on Multigrain Bread Apple	22 Egg Salad on Cracked Wheat Banana
25 Chicken Salad on Marble Rye Plum	26 Seafood Salad on Oat Bran Nectarine	27 Ham Salad on Wheat Bread Grape Juice	28 Egg Salad on Cracked Wheat Apple	29 Roast Beef on 12 Grain Plum

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 JUNE

JESSICA
TITUS-THURS 6/14
GROTON-THURS 6/21
YMCA-6/25
LIFELONG-6/26

KELLY
TITUS-TBA
GROTON TBA
YMCA TBA
LIFELONG TBA

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.



THE 31st ANNUAL FOODNET MEALS ON WHEELS PICNIC

Date: June 15, 2018

Time: Social Hour 10:30 am

Live Music with Johnny Russo! Meal served at noon

This year's picnic will be held at the Main Pavilion at Stewart Park.

MENU

“ CORNELL STYLE” CHICKEN BREAST

HOMEMADE POTATO SALAD

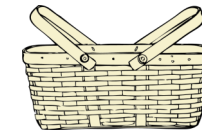
BAKED BEANS

DINNER ROLL

WATERMELON

MILK, ICED TEA, LEMONADE

Please **RSVP** no later than **June 12th** by calling LuAnn at Foodnet at (607) 266-9553 or email Foodnet at lmorgan@foodnet.org.



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

June 15—Foodnet's 31st Annual Picnic

June 17—Father's Day

July 4—Fourth of July



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.