

<p>EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK</p> <p>*SUBSTITUTE FOR SWEETS</p> <p>#LOW-SODIUM SUBSTITUTE</p>				<p>CIRCUMSTANCES BEYOND OUR CONTROL MAY FORCE US TO CHANGE THE MENU WITHOUT NOTICE.</p>
<p>3 There will be no delivery today due to the Labor Day holiday.</p> 	<p>4 <u>Cold Plate</u> Broccoli and Tomato Salad Turkey on Whole Wheat Pita (or Hummus on Whole Wheat Pita) Beet and Onion Salad Carrot Raisin Salad Marble Ice Cream</p>	<p>5 Broccoli and Tomato Salad Vegetable Lasagna (or Chicken Patty) Carrots Green Beans Fruit Cocktail</p>	<p>6 Greek Chickpea Salad Sweet and Sour Chicken (or Beef Patty with Gravy) Long Grain Wild Rice Broccoli Almond Cookie (or Fruit Cocktail)</p>	<p>7 <u>Cold Plate</u> Chicken Salad (or Tuna Salad) Wheat Dinner Roll Macaroni Salad Beet and Apple Salad Pear</p>
<p>10 Italian Sausage with Peppers (or Lemon Fish) Pasta Spirals with Pesto California Blend Vegetables Cranberry Juice Apple</p>	<p>11 Raspberry Marinated Carrots Sicilian Style Cod (Turkey Patty) Brown Rice Pilaf Broccoli Raspberry Apple Crisp *Pear</p>	<p>12 Golden Carrot Salad Liver and Onions (Chicken Patty) Corn Broccoli Banana Cake</p>	<p>13 Barbeque Pork Riblet (or Beef Patty) Wheat Hamburger Roll Sweet Potatoes Braised Red Cabbage Grape Juice Banana Cake</p>	<p>14 Rosy Apple Salad *Diet Rosy Apple Salad Italian Pasta with Beans (or Potato Battered Fish) Carrots Cauliflower Vanilla Ice Cream</p>
<p>17 Chicken Parmesan (or Beef Patty) Potato Wedges Beans and Greens Peach Slices</p>	<p>18 Double Orange Delight *Diet Double Orange Delight Macaroni and Cheese (or Chicken Patty) Zucchini and Tomatoes Green Beans Pear</p>	<p>19 Green Salad with Tomatoes Lemon Baked Fish (Reduced Sodium Ham) Whole Potatoes Broccoli Chocolate Chip Cookie Apple*</p>	<p>20 German Potato Salad Reduced Sodium Hot Dog on Wheat Hot Dog Roll (or Beef Patty) Baked Beans Spinach Orange</p>	<p>21 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>24 Chicken Scampi (or Beef Patty with Gravy) Noodles Alfredo Broccoli Fruit Cocktail Grape Juice</p>	<p>25 Spinach Salad with Pears & Onions Swiss Steak (or Potato Battered Fish) Herb Roasted Potatoes California Blend Vegetables Orange</p>	<p>26 Spinach Salad with Orange & Onion Baked Ziti with Meat Sauce (or Reduced Sodium Ham) Whole Wheat Dinner Roll Carrots Green Beans Apple</p>	<p>27 Macaroni Salad Pulled Pork (or Chicken Patty) Collard Greens Corn Pineapple Tidbits</p>	<p>28 Beet and Onion Salad Pork and Ham Loaf (Beef Patty) Broccoli Cauliflower Banana Cake</p>



OFFICE:

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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 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 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.

September 2018



United Way of Tompkins County Community Partner



2018 Sandwich Menu



Cornell Cooperative Extension

&

Present
EAT SMART, LIVE STRONG

Enjoy fun and lively activities with other older adults. Talk about easy ways to make smart food choices and exercise more.

Learn how you can Eat Smart and Live Strong.



- **Session 1 Reach Your Goals, Step by Step**
- **Session 2 Challenges & Solutions**
- **Session 3 Colorful & Classic**
- **Session 4 Eat Smart, Spend Less**

Participants will share experience, and each of the four sessions will draw on their personal and practical knowledge and understanding.

Join us for this four week session on Mondays from 10:00am -11:30am in Titus Tower's Community Room.

- September 10th
- September 17th
- September 24th
- October 1st

*Space is limited to 10 students.

Please register in advance by calling (607) 273-5297 or see Faith at Foodnet.


Or

Tuesdays from 10:00am -11:30am in the Community Room at Center Village Court, Groton.

- September 11th
- September 18th
- September 25th
- October 2nd

*Space is limited to 10 students.

Please register in advance by calling (607) 279-9145 or see Clara at Foodnet.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4 Seafood Salad on Oat Bran Orange	5 Roast Beef on Oat Bran Bread Banana	6 Turkey Salad on Multigrain Bread Apple	7 Hummus w/ WW Pita Pear
10 Seafood Salad on Wheat Orange	11 Egg Salad on Marble Rye Apple	12 Ham Salad /Rye Orange	13 Turkey on Multigrain/ Pear	14 Egg Salad on Multi-grain Oranges
17 Low Sodium Ham on Marble Rye Apple	18 Chicken Salad on Cracked Wheat Peaches	19 Egg Salad on Wheat Banana	20 Chicken Salad on Multigrain Pear	21 Hummus with Whole Wheat Pita Plum
24 Seafood Salad on Wheat Bread Apple	25 Chicken Salad on Marble Rye Plum	26 Tuna Salad on Whole Wheat Pita Banana	27 Hummus on Whole Wheat Pita Plum	28 Pastrami on Rye Banana

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
September

<u>JESSICA</u>	<u>ART</u>	<u>KELLY</u>
TITUS- 9/18 GROTON-TBA YMCA-TBA LIFELONG-TBA	TITUS-9/18 GROTON-TBA YMCA-TBA LIFELONG-TBA	TITUS- 9/18 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.

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.

A copy of our most recent annual report is available by request or through the office of the Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271.

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!