

1 Pear w/Cottage Cheese Crispy Chicken (Honey Mustard Fish) Broccoli and Red Peppers Cabbage w carrots Citrus Fruit	2 Greek Salad w Chick Peas Honey Glazed Pork Chop (Pepper Steak) Harvard Beets Zucchini Apple Squares	3 Chopped Italian Salad Med. Chicken Pasta (Veggie Lasagna) Steamed baby Carrots Mustard Greens Cookie Bars	4 Creamy Cucumbers Ham and Cheese Strata (Salisbury Steak) Herbed Green beans Stewed Tomatoes Banana Bread	5 Marinated Mushrooms Sicilian Cod (Patty Melt) Beans and Greens Cauliflower Orange Cranberry bars
8 White Bean Salad Apricot Glaze Chicken (Lemon Baked Fish) Brussel Sprouts Sliced carrots Cherry Squares	9 Greek Salad Meat Loaf (Breaded Pork Chop) Potatoes Au Gratin French Cut Green beans Blond Brownie	10 Green Salad w Grape Tomatoes Beef Goulash (Chicken Parmesan) Broccoli Corn Pumpkin Bars	11 Roast Cauliflower Salad Turkey w Gravy (Pork Cutlet w Cider Sauce) Collard greens Cali Blend Veg Peach Crisp	12 Broccoli Slaw Fish Mornay (Shepherds Pie) Diced Beets Parsley Carrots Pineapple Upside Down Cake
15 Romaine Salad Ginger Beef (Chicken Tetrazzini) Braised Red Cabbage Peas and Carrots Banana Cake	16 Cottage Cheese Beef Stew (Potato battered Fish) Broccoli and Red Peppers Cauliflower Chocolate Bean Cake	17 Cheese and Grapes BBQ Riblet (Beef Stroganoff) Green Beans Harvard Beets Oatmeal Raisin Cookie	18 Beet and Apple Salad Cornell Chicken (Ham w Cider Sauce) Lemon Rice Mixed Veg. Cantaloupe Chucks	19 Cabbage Slaw Breaded Fish (Beef Patty w Peppers) and Onion Mac and Cheese Beans and Greens Almond Cookie
22 Marinated Green Beans Chicken and Rice (Shrimp & Chicken Jambalaya) Lima Beans Lentil Blend Lemon Apple Delight	23 Spinach, Orange, & Onion Salad Dill Fish (Baked Ham) Asparagus Cabbage w Carrots Bread Pudding	24 Bean & Corn Salad Pot Roast (Chicken Cordon Blue) Broccoli Corn Grapes	25 Asian Cucumbers Pepper Steak (Sweet and Sour Chicken) Braised Red Cabbage Cauliflower Apple Raspberry Crisp	26 Marinated Mushrooms Sicilian Cod (Stuffed Cabbage Casserole) Beets Carrots Brownie
29 Four Bean Salad Braised Beef (Chicken & Gravy) Cauliflower Orange Beets Chocolate Cake	30 Spinach and Orange Salad Sweet & Sour Pork (Seafood Creole) Broccoli Carrots Apple Cake	31 Greek Salad w/Chick Peas Vegetable Lasagna (Meatloaf) Italian Beans Corn Banana Bread	CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE.	EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK *SUBSTITUTE FOR SWEETS #LOW-SODIUM SUBSTITUTE



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 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.

October 2018



United Way of Tompkins County
Community Partner



OCTOBER 2018 Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey on Multi Grain Oranges	2 Ham on Oat Bran Apple	3 Tuna on Cracked Wheat Pear Halves	4 Egg Salad on 12 grain Banana	5 Turkey on Canadian Oat Oranges
8 Ham Salad on Wheat Apple	9 Chicken Salad on Multi Grain Orange	10 Turkey on Cracked Wheat Diced Pears	11 Egg Salad on Rye Fruit Cocktail	12 Tuna on Multi Grain Apple
15 Ham on 12 Grain Banana	16 Turkey on Wheat Orange	17 Chicken Salad on Canadian Oat Diced Pears	18 Tuna on Multi Grain Peach	19 Roast Beef on Oat Bran Apple
22 Ham Salad on 12 Grain Tangerine	23 Turkey on Oat Orange	24 Ham on Wheat Banana	25 Tuna on Multi Grain Apple	26 Chicken Salad on 12 Grain Orange
29 Ham on Multi Grain Mandarin Oranges	30 Egg Salad on Canadian Oat Apples	31 Chicken Salad on Wheat Banana		

WELCOME TO OUR INTERNS



We are happy to share that we have two interns assisting us this Fall. Cecilia Hagen is our Cornell dietetic intern who recently completed her undergraduate at Cornell. Foodnet is one of 10 community sites for the Cornell dietetic internship. Danielle “Danni” Klein is a Masters in Social Work intern from Binghamton University. Danni will be assisting with reassessments and case management for our home delivered meal clients until May 2019 .



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!

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 Meals on Wheels has been accepting SNAP Benefits (formerly known as Food Stamp Benefits) for several years. It is quite easy to donate using your SNAP Benefits. Simply call the office at (607) 266-9553 and ask for a SNAP voucher to be sent to you.



CONGREGATE SITE VISITS IN THE MONTH OF OCTOBER

JESSICA

TITUS- TBA
GROTON-TBA
YMCA-TBA
LIFELONG-TBA

ART

TITUS-TBA
GROTON-TBA
YMCA-TBA
LIFELONG-TBA

KELLY

TITUS- TBA
GROTON -TBA
YMCA —TBA
LIFELONG—TBA

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!