

<p>3</p> <p>Salisbury Steak (Crispy Chicken) Mashed Potatoes Carrots Cabbage Slaw Chocolate Cake</p>	<p>4</p> <p>Pub Fish (Vegetable Frittata) Orange Beets Broccoli Marinated Green Beans Poke Cake</p>	<p>5</p> <p>Shepard's Pie (Chicken and Biscuits) Peas Carrots Green Salad Mandarin Orange Pudding</p>	<p>6</p> <p>Ginger Beef (Sweet and Sour Pork) Rice Asian Vegetables Cabbage Slaw Almond Cookies</p>	<p>7</p> <p>Mac and Cheese (Lemon Baked Fish) Stewed Tomatoes Green Beans Rosy Apple Oranges</p>
<p>10</p> <p>BBQ Riblet (Breaded Fish) Winter Squash Obrien Potatoes 3 Bean Salad Banana Cake</p>	<p>11</p> <p>Spaghetti (Ham and Cheese Strata) Spinach Carrots Tossed Salad Pears</p>	<p>12</p> <p>Cornell Chicken (Honey Pork Chop) Wild Rice Broccoli Beet and Apple Salad Orange Pineapple</p>	<p>13</p> <p>Italian Sausage (Patty Melt) Herb Roasted Potatoes Brussel Sprouts Apple Sauce Cherry Squares</p>	<p>14</p> <p>Stuffed Cabbage Casse- role (Salmon Loaf) Potato Wedges Beans Greek Chickpea Salad</p>
<p>17</p> <p>Fish Sandwich (Chicken Cordon Bleu) Dilly Potatoes Peas Beet and Onion Salad Pumpkin Cake</p>	<p>18</p> <p>Baked Ziti (Fish Mornay) Green Beans Carrots Cornbread Brownie</p>	<p>19</p> <p>Breaded Pork Chop (Chicken Scampi) Broccoli Mac and Cheese Applesauce Oatmeal Raisin Cookie</p>	<p>20</p> <p>HOLIDAY MEAL</p> <p>Holiday Beef w Gravy (Roast Turkey w Gravy) Smashed Potatoes Asparagus Cheese and Grapes</p>	<p>21</p> <p>Ham (Pepper Steak) Au Gratin Potatoes Italian Blend Veg Green Salad Diced Peaches</p>
<p>24</p> <p>Holiday Meal</p> <p>Chicken Paprikash Carrots Green Beans Orange Juice Chocolate Chip Cookie</p>	<p>25</p> <p>Holiday Meal</p> <p>Mac and Cheese Peas Broccoli Grape Juice Apple</p>	<p>26</p> <p>Sicilian Cod (Salisbury Steak) Carrots Steamed Potatoes Apple Juice Carnival Cookie</p>	<p>27</p> <p>Beef Goulash (Apricot Chicken) Brown Rice Pilaf Cauliflower Coleslaw Pineapple Upside-down Cake</p>	<p>28</p> <p>BBQ Chicken (Beef Patty) Beans and Greens Corn Potato Salad Grapes</p>
<p>31</p> <p>Holiday Meal</p> <p>Chicken Parmesan Corn Carrots Apple Juice Oatmeal Raisin Cookie</p>	<p>JANUARY 1</p> <p>Holiday Meal</p> <p>Meatloaf Green Beans Cauliflower Pineapple Juice Orange</p>	<p>Foodnet Meals on Wheels will be closed on Dec. 24 & 25 and also on Dec. 31 & Jan 1. There will be no deliveries for those days. The meals posted for those dates are a non-choice meal provided for that date</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>	<p>CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE.</p>



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.

**December
2018**



United Way United Way of Tompkins County Community Partner



DECEMBER 2018 Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ham on Oat Assorted Fruit	4 Tuna on 12 Grain Assorted Fruit	5 Ham on Rye Assorted Fruit	6 Egg Salad on 12 Grain Assorted Fruit	7 Turkey on Multigrain Assorted Fruit
10 Chicken Salad on 12 Grain Assorted Fruit	11 Cheese on Multigrain Assorted Fruit	12 Turkey on Oat Assorted Fruit	13 Ham on Multigrain Assorted Fruit	14 Egg Salad on 12 Grain Assorted Fruit
17 Turkey on Oat Assorted Fruit	18 Tuna on 12 Grain Assorted Fruit	19 Ham on Rye Assorted Fruit	20 Turkey Salad on Multigrain Assorted Fruit	21 Egg Salad on 12 Grain Assorted Fruit
24 No delivery today! Foodnet will be closed	25 No delivery today! Foodnet will be closed	26 Cheese on Multigrain Assorted Fruit	27 Tuna on Rye Assorted Fruit	28 Ham on Whole Wheat Assorted Fruit
31 No delivery today! Foodnet will be closed.				

NEED HELP WITH YARD WORK & SNOW REMOVAL?

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.



EMERGENCY INFORMATION



If we can't deliver meals because of weather or another emergency, there will be an announcement on the radio and a special message at 266-9553. Foodnet Meals on Wheels does not usually cancel deliveries because of weather unless it is severe enough to cause the public schools to be closed because of unsafe road conditions. In this case, you should use your blizzard bag that has been provided for you.



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 DECEMBER

JESSICA

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

ART

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

KELLY

TITUS-GROTON -
YMCA -
LIFELONG-



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.



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.