


Mon	Tue	Wed	Thu	Fri
Foodnet Meals on Wheels will be closed on Tuesday, January 1, to celebrate New Years Day. There will be no delivery this day. We will reopen on Wednesday, January 2.	1 NEW YEARS DAY Meatloaf Green Beans Cauliflower Juice Orange	2 Chicken Parmesan (Ham w/ Cider Sauce) Broccoli Lima Beans Juice Orange	3 Ginger Beef (Sicilian Cod) Peas and Carrots Brussel Sprouts Creamy Cucumbers Apple	4 Breaded Chicken Breast (Low Sodium Hot Dog) Baked Beans Succotash Macaroni Salad Almond Cookie
7 Sloppy Joe (Lemon Fish) Corn Zucchini Beet & Apple Salad Orange	8 Stuffed Cabbage Casserole (Paprikash Chicken) Broccoli Carrots Marinated Mushrooms Poke Cake	9 Spaghetti (Honey-Glazed Pork Chop) Peas Corn Tossed Salad Apple	10 Chili (Patty Melt) Green Beans Cauliflower Coleslaw Chocolate Cake	11 Chicken and Gravy (Salmon Loaf) Diced Carrots Lima Beans Beet and Onion Salad Brownie
14 Mac and Cheese (Chicken Patty) Green Beans Stewed Tomatoes Bean Salad Orange	15 Baked Ham (Sesame Chicken) Sweet Potato Broccoli Potato and Green Bean Salad Carnival Cookie	16 Breaded Pork Chop (Chicken Scampi) Brown Rice Pilaf Beans and Greens Beet and Apple Salad Fruit Cocktail	17 Swedish Beef w/ Noodles (Fish Dijon) Brussel Sprouts Corn Cole Slaw Peanut Butter Cookies	18 Honey Pork Chop (Goulash) Cauliflower Carrots Green Salad Peach Crisp
21 Pub Fish (Apricot Chicken) Mac and Cheese Broccoli Creamy Cucumber Salad Apple	22 Chicken Spanish Rice (Fish Mornay) Peas and Carrots Zucchini Broccoli Slaw Apple Squares	23 Beef Stew (Chicken Stew) Corn Bread Kidney Beans Carrot Raisin Salad Banana Cake	24 Cheese Lasagna (Sweet & Sour Pork) Green Beans Corn Green Salad Orange	25 Chicken Parmesan (Beef Patty w/ Pepper & Onions) Orange Beets Broccoli Mandarin Oranges Peanut Butter Cookie
28 Sloppy Joe (Ham & Cheese Strata) Cauliflower Lima Beans Raspberry Carrots Apple	29 Pepper Steak (Cornell Chicken) Peas Carrots Tossed Salad Poke Cake	30 Chicken Cordon Bleu (Ginger Beef) Asparagus Green Beans Bean Salad Carrot Cake	31 CHEF'S CHOICE Beef Liver w/onions (Crispy Chicken) *The sides, appetizer, and dessert will be determined on day of service.	



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:

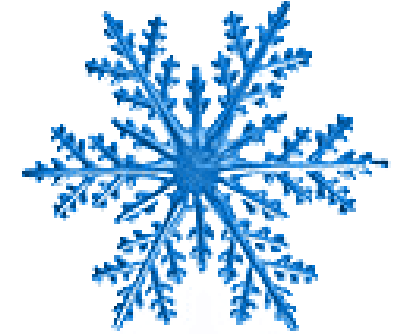
Ithaca:
Titus Towers
800 South Plain St.
(607) 273-5297

Groton:
Center Village Court
200 West South St.
(607) 279-9145

Lansing:
YMCA (Thursday Only)
50 Graham Rd. W.
(607) 279-9146

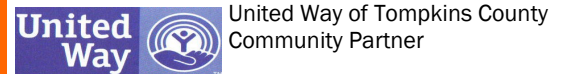
Meals are served between 11:30 am and 1:00 pm. Meals must be reserved by noon the previous day.

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.




JANUARY 2019

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!



JANUARY 2019 Sandwich Menu

Mon	Tue	Wed	Thu	Fri
	1 	2 Ham Oat Bread Fruit	3 Egg Salad 12 Grain Bread Fruit	4 Chicken Salad Whole Wheat Fruit
7 Tuna fish Multigrain Bread Fruit	8 Roast Beef Salad Whole Wheat Fruit	9 Turkey Multigrain Bread Fruit	10 Ham Canadian Oat Fruit	11 Egg Salad Whole Wheat Fruit
14 Hummus Crackers Fruit	15 Tuna Whole Wheat Fruit	16 Turkey Multigrain Fruit	17 Ham Canadian Oat Fruit	18 Chicken Salad 12 Grain Fruit
21 Hummus Crackers Fruit	22 Chicken Whole Wheat Fruit	23 Tuna Multigrain Fruit	24 Egg Salad 12 Grain Fruit	25 Ham Rye Bread Fruit
28 Turkey Whole Wheat Fruit	29 Chicken Salad Multigrain Fruit	30 Egg Salad 12 Grain Fruit	31 Ham Canadian Oat Fruit	

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.



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

JESSICA

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

ART

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

KELLY

TITUS-
GROTON -
YMCA -
LIFELONG-

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.

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.



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.

**We Welcome
SNAP
Benefits**



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.