


Mon	Tue	Wed	Thu	Fri
EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK	CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE.	FEBRUARY 19TH IS OUR 2ND ANNUAL PROFESSIONAL DEVELOPMENT DAY. WE WILL NOT BE DELIVERING MEALS THAT DAY.		1 Mac and Cheese (Sicilian Fish) Green Beans w Red Bell Pepper Diced Carrots Carrot Cookies Spinach w Tomato Salad
4 Chicken Paprikash (Baked Ham) Corn Broccoli Coleslaw Apple	5 Salmon Loaf (Chicken Scampi) Beans and Greens Cauliflower Marinated Cucumbers Banana Cake	6 Spaghetti (Honey-Glazed Pork Chop) Brussel Sprouts Diced Carrots Tossed Salad Almond Cookies	7 Chili (Patty Melt) Green Beans Peas & Mushrooms Cornbread Banana	8 Sweet & Sour Chicken (Lemon Fish) Broccoli Corn Marinated Mushrooms Chocolate Cake
11 Beef Patty w Onions (Apricot Chicken) Lima Beans Harvard Beets Bean Salad Apple	12 Pub Fish (Sesame Chicken) Spinach Braised Cabbage Potato Salad Chocolate Bean Cake	13 Swedish Beef (Chicken Scampi) Asparagus Brussel Sprouts Beet and Apple Salad Carnival Cookie	14 Chicken Cordon Bleu (Goulash) Cauliflower Peas and Carrots Spinach Salad Sweetheart Cake	15 Breaded Pork Chop (Fish Dijon) Spinach Yellow Squash Cabbage Slaw Apple
18 Breaded Chicken (Sloppy Joe) Cabbage & Carrots Broccoli Roasted Cauliflower Salad Apple	19 Mac and Cheese Green Beans Corn Juice Almond Cookie	20 Beef Stew (Chicken Stew) Corn Bread Broccoli Sunshine Salad Apple Cake	21 Cheese Lasagna (Sweet & Sour Pork) Lima Beans Diced Beets Green Salad Chocolate Chip Banana Cake	22 Chicken Parmesan (Pub Fish) Beans and Greens Cauliflower Mac Salad Orange
25 Pepper Steak (Ham & Cheese Strata) Broccoli and Red Pepper Carrots Beet and Onion Salad Apple	26 Low Sodium Hot Dog (Cornell Chicken) Asparagus Mixed Veggie Rosy Apple Salad Carrot Cake	27 Chicken Cordon Bleu (Pork Riblet) Peas and Carrots Braised Red Cabbage Carrot Raisin Salad Rice Pudding	28 Chick Spanish Rice (Fish Mornay) Cauliflower Stewed Tomatoes Green Salad Orange	



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.



FEBRUARY 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!



United Way of Tompkins County
Community Partner



FEBRUARY 2019 Sandwich Menu

Mon	Tue	Wed	Thu	Fri
				1 Tuna Oat Bran Fruit
4 Turkey Multigrain Bread Fruit	5 Chicken Salad Oat Fruit	6 Ham Whole Wheat Fruit	7 Egg Salad 12 Grain Fruit	8 Tuna Whole Wheat Fruit
11 Chicken Salad Oat Fruit	12 Turkey Whole Wheat Fruit	13 Egg Salad Whole Wheat Fruit	14 Hummus Pita Fruit	15 Tuna Oat Fruit
18 Ham Whole Wheat Fruit	19 No delivery for Professional	20 Turkey 12 Grain Fruit	21 Chicken Salad Multigrain Fruit	22 Tuna Rye Bread Fruit
25 Ham Whole Wheat Fruit	26 Chicken Salad Multigrain Fruit	27 Egg Salad Oat Fruit	28 Turkey Multigrain 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
FEBRUARY**

JESSICA

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

ART

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

KELLY

TITUS-
GROTON -
YMCA -
LIFELONG-

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.



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.



TRAINING DAY

FOODNET MEALS ON WHEELS WILL BE CLOSED ON **TUESDAY, FEBRUARY 19, 2019** TO ALLOW FOODNET EMPLOYEES A PROFESSIONAL DEVELOPMENT DAY. A FROZEN MEAL WILL BE OFFERED FOR THAT DAY. YOUR DRIVER OR SITE MANAGER WILL BE ASKING YOU IF YOU WANT THE FROZEN MEAL BEFORE THAT DATE.



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.

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.