

Mon	Tue	Wed	Thu	Fri
1 Fish Mornay (BBQ Riblet) Corn Green Beans Beet and Onion Salad Olive Oil Cake	2 Chicken Cordon Bleu (Beef Mushroom Melt) Rice Pilaf Mixed Vegetable Marinated Cucumbers Peaches	3 BBQ Chicken (Low Sodium Hot Dog) Baked Beans Spinach Macaroni Salad Carrot Cake	4 Baked Ziti w Sausage (Chicken Stew) Brussel Sprouts Cornbread Tossed Salad Orange Pineapple Delight	5 Liver and Onions (Crispy Chicken) O'brien Potatoes Cauliflower Greek Chic Pea Salad Orange
8 Beef Paprikash (Lemon Baked Fish) Orange Beets Lima Beans Juice Yogurt Cake	9 Beef Shepard's Pie (Chicken and Gravy) Broccoli Corn Spinach Salad Brownie	10 Cheddar Meatloaf (Chicken Cacciatore) Garlic Mashed Potatoes Green beans w Bell Pepper Sunshine Salad Yogurt	11 Bolognese Pasta (Pork) (Chicken Spanish Rice) Steamed Cabbage Peas Green Salad Rosy Apple Gelatin	12 Beef and Broccoli (Sweet & Sour Chicken) Brown Rice Carrots Spinach Salad w Tomato Pineapple Upside Down Cake
15 Chicken Scampi (Sicilian Fish) Rice Pilaf Broccoli White Bean Salad Chocolate Chip Cookie Bar	16 Beef Spanish Rice (Spinach Lasagna) Mixed Vegetables Beets Tossed Salad Oatmeal Raisin Cookie	17 Ham and Pork Loaf (Beef Patty w Onions) Green Beans Scalloped Potatoes Macaroni Salad Apple Crisp	18 Beef and Mushroom Chicken Paprikash Brown Rice Carrots Green Salad Poke Cake	19 Macaroni & Cheese Dill Fish Spinach Stewed Tomato Coleslaw Yogurt
22 Pepper Steak Lemon Baked Fish Broccoli Corn Spinach Salad Orange	23 Veggie Frittata (Chicken ala King) Cauliflower Brussel Sprout Green Salad Yogurt Cake	24 Cornell Chicken (Pub Fish) Baked Beans Macaroni & Cheese Potato Salad Peanut Butter Cookie	25 Pulled Pork (Beef Patty w Onions) Braised Cabbage Carrots Macaroni Salad Almond Cookie	26 Chicken Speidies (Fish Dijon) Beans & Greens Beets Tossed Salad Banana Cake
29 Spaghetti w Meat Sauce (Lemon Baked Fish) Peas Carrots Green Salad Apple	30 Roast Turkey (Ham w Cider Sauce) Green Beans Sweet Potatoes Cranapple Sauce Apple Square		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 



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

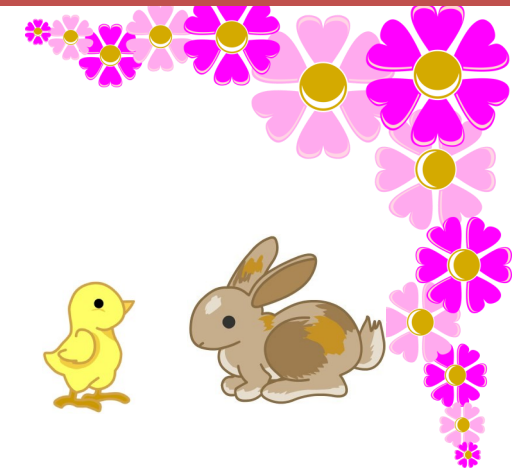
Groton:
Center Village Court
200 West South St.
(607) 279-9145

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

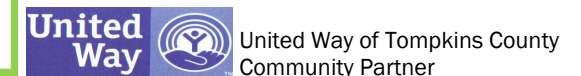
**Meals are served between
11:30 am and 1:00 pm.
Meals must be reserved by
noon the previous day.**

**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!

**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.**



**APRIL
2019**



APRIL 2019 Sandwich Menu

Mon	Tue	Wed	Thu	Fri
1 Ham Wheat Apple	2 Egg Salad Oat Orange	3 Turkey Multi Grain Yogurt	4 Tuna Wheat Banana	5 Ham Salad Oat Apple Sauce
8 Turkey Salad Oat Yogurt	9 Ham Wheat Banana	10 Tuna Multi Grain Orange	11 Chicken Salad Oat Apple	12 Egg Salad Wheat Yogurt
15 Bologna Oat Banana	16 Turkey Multi Grain Orange	17 Tuna Wheat Yogurt	18 Egg Salad Oat Banana	19 Chicken Salad Multi Grain Apple
22 Ham Oat Yogurt	23 Turkey Salad Wheat Fruit Cocktail	24 Tuna Oat Orange	25 Egg Salad Multi Grain Banana	26 Chicken Salad Oat Apple
29 Bologna Oat Yogurt	30 Ham Wheat Orange			



Join Foodnet Meals on Wheels as we partner with the Human Services Coalition to offer an informative workshop about their **Community Health Advocate Program** and **2-1-1 Tompkins Cortland**.

About Community Health Advocates

The Community Health Advocates (CHA) Program helps consumers to understand how to fully use their health insurance or find affordable health services and prescription medicines. Clients include consumers who have public or private insurance as well as people with limited or no insurance.

About 211 Tompkins Cortland

211 connects people in need of assistance with services and resources designed to address their individual needs. Callers are referred to service providers according to their situation. No question is too big or too small.

April 17th 10:30-11:30 (Wednesday)

Center Village Court (Community Room)

200 W. South St., Groton NY

April 18th 11:30 (Thursday)

YMCA (Borg-Warner Wellness Room)

50 Graham Rd., Ithaca

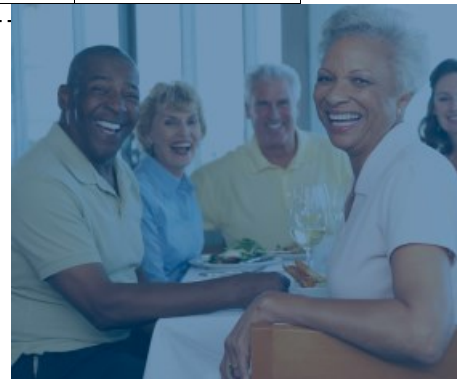
April 19th 11:00- 12:00 (Friday)

Titus Towers (Community Room)

800 S. Plain St., Ithaca NY

This workshop is open to the public and offered at no cost.

Join Foodnet for a nutritious lunch immediately following this workshop. Reservations are required at least one day in advance. Call 607-266-9553 to reserve your meal. Lunch is available to individuals 60 and older with a voluntary contribution. Individuals under the age of 60 may also join us for a meal cost of \$8.00.



SENIOR LIVING EXPO 2019

Working Towards an Age-Friendly Community

SATURDAY, APRIL 13, 1-3:30 PM

⇒ Clarion Inn (formerly the Ramada Inn) 2310 N Triphammer Rd., Ithaca NY

⇒ Free event with over 30 exhibitors

⇒ Stay Steady fall risk screening

What is the Best Exercise to Beat Dementia, Diabetes & Disease?

William Y. Shang, MD

Community Supports for Aging in Place

Lisa Monroe, Director, Tompkins County Office for the Aging

Sponsored by Ithaca College Gerontology Institute & Tompkins County Office for the Aging
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Info: 607-274-1965 or 607-274-5450 Visit ithaca.edu/aging for details