


Mon	Tue	Wed	Thu	Fri
<b>CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE.</b>			<b>EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK</b>	1 Liver (Crispy Chicken) Dilly Potatoes Beets Chick Pea Salad Peanut Butter Cookie
4 BBQ Chicken (Low Sodium Hot Dog) Baked Beans Cauliflower Mac Salad Orange	5 Beef Shepard's Pie (Chicken & Gravy) Peas Carrots Spinach Salad /Tomato Brownie	6 Fish Mornay (BBQ Riblet) Sweet Potatoes Corn Coleslaw Orange Olive Oil Cake	7 Meatloaf w/Cheddar (Chicken Cacciatore) Mashed Potato Broccoli Orange Juice Fruited Jello	8 Macaroni & Cheese (Pepper Steak) Spinach Mixed Veg Fruit Cocktail Chocolate Pudding
11 Pub Fish (Patty Melt w/ Mushrooms) Herb Roasted Potatoes Winter Squash Cabbage Slaw Oatmeal Raisin Cookie	12 Ham & Pork Loaf (Lemon Fish) Sweet Potato Broccoli Apple Sauce Peach Cake	13 Beef & Broccoli (Sweet & Sour Chicken) Brown Rice Brussel Sprouts Marinated Mushrooms Almond Cookie	14 Pasta Bolognese (Chicken Paprikash) Peas Carrots White Bean Salad Sliced Pears	15 Corned Beef (Dill Fish) Steamed Potato Steamed Cabbage Spinach Salad Poke Cake
18 Beef Spanish Rice (Spinach Lasagna) Brussel Sprouts Corn Three Bean Salad Chocolate Chip Cookie	19 Chicken Scampi (Sicilian Fish) Wild Rice Spinach Beet and Onion Salad Bread Pudding	20 Roast Pork (Beef Patty w Onions) Cheddar Smashed Potato Green Bean wBell Pepper Green Salad Apple Crisp	21 Beef w/ Mushrooms (Chicken Spanish Rice) Broccoli Cauliflower Juice Yogurt Cake	22 Veggie Frittata (Chicken Ala King) Mixed Veg Corn Raspberry Carrots Cherry Berry Bars
25 Baked Ziti w/ Sausage (Chicken Stew) Broccoli Carrots Cornbread Apple Bar	26 Chicken Cordon Bleu (Fish Dijon) Rice Pilaf Peas Spinach Salad Rice Pudding	27 Roast Turkey (Ham w Cider Sauce) Mashed Sweet Potatoes Green Beans Cranberry Apple Sauce Pumpkin Squares	28 Pulled Pork (Chicken Speidies) Baked Beans Carrots Potato Salad Blond Brownie	29 Spaghetti with Meat Sauce (Lemon Fish) Cabbage Carrots Broccoli Slaw Peaches



**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.**



**MARCH 2019**



United Way of Tompkins County  
Community Partner



# MARCH 2019 Sandwich Menu



Mon	Tue	Wed	Thu	Fri
				1 Roast Beef Wheat Bread Oranges
4 Hummus Wheat Banana	5 Ham Oat Fruit Cocktail	6 Tuna Whole Wheat Orange	7 Turkey Oat Yogurt	8 Chicken Salad Whole Wheat Orange
11 Bologna Multigrain Orange	12 Egg Salad Whole Wheat Banana	13 Tuna Multigrain Yogurt	14 Turkey Oat Orange	15 Hummus Wheat Banana
18 Ham Multigrain Apple	19 Chicken Salad Wheat Orange	20 Egg Salad Oat Banana	21 Turkey Wheat Orange	22 Hummus Rye Bread Yogurt
25 Bologna Whole Wheat Orange	26 Tuna Multigrain Banana	27 Egg Salad Oat Orange	28 Turkey Wheat Banana	29 Chicken Salad Oat Yogurt

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.



**REMEMBER TO SET YOUR CLOCKS AHEAD ONE HOUR ON MARCH 10!**

### 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.



## MAC 'N CHEESE BOWL

**Saturday  
March 23**

**11:30 AM - 2:00 PM  
Ithaca High School  
Cafeteria  
foodnet.org**



Mark your calendars for the 6th year of the Foodnet Mac 'n Cheese Bowl! 20 local restaurants and vendors will be whipping up their version of everyone's favorite comfort food. Who makes the best mac 'n cheese in town? You decide! Taste them all and vote for your favorites! Come for the tastings, live music, raffle and more!

Foodnet provides over 700 daily meals to 400 older adults, and others in Tompkins County. Our services offer nutritious meals, friendly visits, and safety checks so our neighbors live without hunger and isolation. The event proceeds will go towards furthering the Foodnet mission, so our participants can continue to count on us for their meals and more!

### PRE-SALE TICKETS NOW AVAILABLE

- Adults: \$10
- Children (5-12): \$8
- Children 4 & Under: Free

### LOCATIONS

- Foodnet Office: M-F 7AM- 3:30PM (2422 N. Triphammer Rd.)

- Wegmans Customer Service Desk

- Online at: <https://macncheesebowl6.brownpapertickets.com>

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.