


| 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 Mac and Cheese (Crispy Chicken)<br>Stewed Tomatoes<br>Green Beans<br>Juice<br>Chocolate Chip Cookie                                 | 2 Taco Bake (Sausage Patty w Peppers)<br>Mexican Veggies<br>Refried Beans<br>Mexican Corn Salad<br>Churro Dump Cake       | 3 Chicken Tetrizzini (Veggie Frittata)<br>Cali Blend Vegetables<br>Peas<br>Spinach Salad<br>Banana Cake   |
| 6 Apricot Chicken (Swiss Steak)<br>Long Grain Rice<br>Harvard beets<br>Cabbage Slaw<br>Orange   | 7 Beef Chili (Pub Fish)<br>Carrots<br>Green Beans w/Red Pepper<br>Cornbread<br>Poke Cake              | 8 Veal Parm (Chicken Parm)<br>Creamy Pesto Pasta<br>Spinach<br>Green Salad<br>Banana  | 9 French Toast Casserole (Country Breakfast Casserole, (Pork))<br>Baked Apple<br>Blueberry Muffin<br>Yogurt<br>Cantaloupe | 10 Spinach Lasagna (Honey Glazed Pork Chop)<br>Zucchini w Tomato<br>Cauliflower<br>Apple Sauce<br>Brownie |
| 13 Chicken Scampi (Pork Riblet)<br>Broccoli<br>Sweet Potatoes<br>Macaroni Salad<br>Rice Pudding | 14 Pasta Faggioli (Sausage Penne)<br>Corn<br>Peas<br>Spinach Salad w Orange & Onion<br>Almond Cookie  | 15 Beef & Mushroom w Artichoke (Cranberry Chicken)<br>Biscuit<br>Green Beans<br>Broccoli Slaw<br>Chocolate Cake w Peanut Butter Icing | 16 Cheese Stuffed Shells (Chicken and Gravy)<br>Cauliflower<br>Spinach<br>Tossed Salad<br>Oatmeal Raisin Cookie           | 17 Ham and Cheese Strata (Veggie Pot Pie)<br>Broccoli<br>Mashed Potatoes<br>Carrot Raisin Salad<br>Orange |
| 20 Lemon Baked Fish (Patty Melt w Onions)<br>Obrien Potatoes<br>Carrots<br>Juice<br>Apple       | 21 Meat Lasagna (Crispy Chicken)<br>Steamed Cabbage<br>Beets<br>Green Salad<br>Yogurt Cake            | 22 Salmon Loaf (Ham Loaf)<br>Brussels Sprouts<br>Dilly Potatoes<br>Marinated Cucumbers<br>Yogurt                                      | 23 Hot Dog (Hamburger)<br>Baked Beans<br>Corn<br>Macaroni Salad<br>Watermelon   | 24 Beef Goulash (Chicken Stew)<br>Green Beans<br>Carrots<br>Spinach Salad<br>Brownie                      |
| 27           | 28 Pepper Steak (Chicken Melt w Tomato)<br>Mac and Cheese<br>Broccoli<br>Rosy Apple Gelatin<br>Banana | 29 Orange Chicken Stir Fry (Beef and Broccoli)<br>Zucchini<br>Brown Rice<br>Creamy Cucumbers<br>Carnival Cookie                       | 30 Meatloaf (Sicilian Fish)<br>Mashed Potatoes<br>Green Beans<br>Juice<br>Apple Crisp                                     | 31 Chicken Ala King (Baked Ziti w Sausage)<br>Corn<br>Cauliflower<br>Green Salad<br>Ice Cream             |

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.



**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

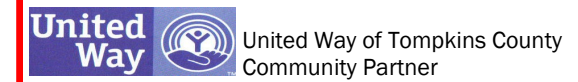
**Meals are served between 11:30 am and 1:00 pm.**  
**Meals must be reserved by noon the previous day.**

Foodnet will be closed on May 27 in order to honor Memorial Day. The frozen meal offered for that day is:  
**Chicken Parmesan**  
Peas  
Carrots  
Juice  
Peanut Butter Cookie

**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.**

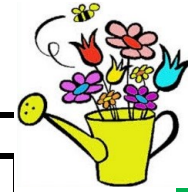


**MAY**  
**2019**






# MAY 2019 Sandwich Menu



CONNECT, CREATE, CONTRIBUTE MAY 2019

| Mon   | Tue  | Wed  | Thu   | Fri   |
|---|--|--|---|---|
|   |  | 1<br>Ham<br>Multigrain Bread<br>Apple          | 2<br>Egg Salad<br>12 Grain Bread<br>Banana    | 3<br>Tuna Salad<br>Oat Bread<br>Yogurt          |
| 6<br>Bologna<br>Whole Wheat<br>Apple  | 7<br>Turkey<br>Multigrain Bread<br>Fruit Cup | 8<br>Chicken Salad<br>12 Grain Bread<br>Orange | 9<br>Ham<br>Oat Bread<br>Banana               | 10<br>Egg Salad<br>Whole Wheat<br>Yogurt        |
| 13<br>Tuna Salad<br>Multigrain Bread<br>Orange  | 14<br>Bologna<br>12 Grain Bread<br>Fruit Cup | 15<br>Turkey<br>Oat Bread<br>Apple             | 16<br>Turkey<br>Oat Bread<br>Apple            | 17<br>Ham<br>Multigrain Bread<br>Yogurt         |
| 20<br>Egg Salad<br>12 Grain Bread<br>Orange   | 21<br>Tuna Salad<br>Oat Bread<br>Fruit Cup   | 22<br>Bologna<br>Whole Wheat<br>Apple          | 23<br>Turkey<br>Multigrain Bread<br>Banana    | 24<br>Chicken Salad<br>12 Grain Bread<br>Yogurt |
| 27<br> | 28<br>Ham<br>Oat Bread<br>Orange             | 29<br>Egg Salad<br>Whole Wheat<br>Fruit Cup    | 30<br>Tuna Salad<br>Multigrain Bread<br>Apple | 31<br>Bologna<br>12 Grain Bread<br>Banana       |

## TOMPKINS COUNTY OFFICE FOR THE AGING

Annual Luncheon 2019

Thursday, May 16, 2019

12-2pm

### Keynote Speaker

**Randy Hoak**

AARP New York Associate State Director

“Livability and the Network of Age-Friendly States and Communities”

Certificates of appreciation will be awarded to 2 outstanding volunteers

The Hotel Ithaca

222 South Cayuga Street, Ithaca, NY 14850

### Meal Choices

#### **Vegetable Cavatappi Primavera**

Cavatappi pasta tossed with grilled julienne vegetables and sundried tomato pesto

#### **Chicken Piccata**

Lightly floured boneless chicken breast served with light lemon-butter and capers

#### **Parmesan Encrusted Haddock**

Tender filet baked with panko bread crumbs and Parmesan cheese

\$25.00 including tax and tip

All entrées served with tossed salad, vegetable, potato and rolls.

Lunches served with coffee, hot tea and iced tea.

### **Reservations Required**

**Please RSVP by Monday, May 6, 2019**



Join Foodnet Meals on Wheels as we partner with Cayuga Addiction Recovery Services (CARS) for a presentation on the current opioid crisis. Outreach Specialist, Brad Walworth, will help us gain a better understanding of opioid addiction and the effects it has on families. He will also touch on alcoholism and how CARS programs can help facilitate transformation from addiction.

May 22<sup>nd</sup> 10:30-11:30 (Wednesday)

Center Village Court (community room)  
200 W. South St. Groton, NY

May 23<sup>rd</sup> 11:30-12:30 (Thursday)

YMCA (Borg-Warner Wellness Room)  
50 Graham Rd. W. Ithaca NY

May 24<sup>th</sup> 10:30-11:30 (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.



carsny.org

Cayuga Addiction Recovery Services is a professional community resource providing caring and effective recovery services dedicated to improving the quality of life by promoting individual dignity and respect for all.