

Mon	Tue	Wed	Thu	Fri
3 Sweet & Sour Chicken (Beef & Mushrooms) Broccoli Cauliflower Marinated Cucumber Salad Chocolate Chip Cookie	4 Lemon Fish (Crispy Chicken) Mac & Cheese Green Beans Coleslaw Poke Cake	5 Cheese Lasagna (Mediterranean Chicken) Mixed Veg Spinach Tossed Salad Orange	6 Fish Dijon (Pork Riblet) Peas Harvard Beets Mac Salad Banana Pudding	7 COLD PLATE Chicken Salad (Bologna) Raspberry Carrots 3 Bean Salad Green Salad Peanut Butter Cookie
10 Chicken & Gravy (Beef Pot Roast) Carrots Collard Greens Biscuit Apple	11 Sicilian Fish (Beef Chili) Italian Vegetables Squash Beet & Apple Salad Bread Pudding	12 Beef Pizziola (Hunter's Chicken) Peas & Pearl Onions Green Beans & Red Pepper Broccoli Slaw Oatmeal Raisin Cookie	13 Patty Melt (Ham w/ Pineapple) Greens Mixed Vegetables Juice Fruited Gelatin	14 32nd ANNUAL PICNIC AT STEWART PARK! SEE BACK FOR MORE DETAILS!
17 Chicken BBQ Sandwich (Hot Dog w/Sauerkraut) Baked Beans Cauliflower Juice Chocolate Chip Cookie	18 Dill Fish (Beef Meatloaf) Braised Cabbage Carrots Green Salad Banana	19 Chicken Chow Mein (Beef Stroganoff) Green Beans Mashed Potatoes Juice Peanut Butter Cookie	20 Pork Cutlet w/Cider Sauce (Fish Mornay) Beets Peas Tossed Salad Orange	21 COLD PLATE Tuna Salad (Bologna) Carrot Raisin Salad Macaroni Salad Juice Oatmeal Cookie
24 Beef Patty with Onions (Spinach Lasagna) Peas Carrots Apple Sauce Yogurt Cake	25 Chicken Paprikash (Fish Dijon) Steamed Potatoes Green Beans Tossed Salad Fruit Cocktail	26 Pulled Pork (Chicken Spiedies) Mac and Cheese Baked Beans Cole Slaw Apple	27 Ginger Beef (Honey Mustard Fish) Spinach Cauliflower Green Salad Almond Cookie	28 COLD PLATE Ham Salad (Turkey) Raspberry Carrots Three Bean Salad Potato Salad Ice Cream



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.



On Friday, June 14th, Foodnet Meals on Wheels will be hosting our 32nd Annual Picnic at Stewart Park. We will not be doing deliveries on that day. We will be offering a cold plate to anyone who can not make it to the picnic. The cold plate consists of the following:

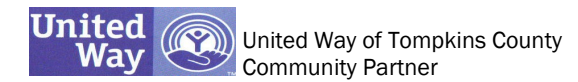
**COLD SLICED TURKEY
POTATO SALAD
CARROT-RAISIN SALAD
ORANGE**

Your driver or site manager will ask if you want a cold plate or not.

If you are planning to come to the picnic, call Lu Ann at 607-266-9553 and let her know or let your site manager know.

**JUNE
2019**

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.



JUNE 2019 Sandwich Menu



Mon	Tue	Wed	Thu	Fri
3 Tuna Wheat Orange	4 Ham Oat Banana	5 Chicken Salad Multi-Grain Yogurt	6 Turkey 12- Grain Apple	7 Egg Salad Oat Orange
10 Ham Salad 12-Grain Banana	11 Turkey Multi-Grain Yogurt	12 Bologna Wheat Apple	13 Tuna Oat Orange	14 NO DELIVERY 32ND ANNUAL PICNIC
17 Ham Multi-Grain Yogurt	18 Chicken Salad Wheat Apple	19 Turkey Oat Orange	20 Egg Salad 12-Grain Banana	21 Tuna Multi-Grain Banana
24 Chicken Salad Wheat Apple	25 Bologna Oat Orange	26 Tuna 12-Grain Banana	27 Ham Multi-Grain Yogurt	28 Egg Salad Oat Apple



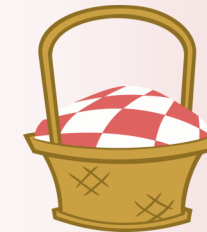
You are invited!
Foodnet Meals on Wheels 32nd Annual Picnic

June 14, 2019

10:30am-1:00pm

(Lunch is served at noon; Live Music begins at 10:30am)

Stewart Park (Large Pavilion)
1 James L. Gibbs Drive Ithaca, NY



Menu
"Cornell Style" Chicken Breast
Homemade Potato Salad
Baked Beans
Fruit
Dinner Roll
Iced Tea, Lemonade, Milk

RSVP BY CALLING FOODNET AT (607) 266-9553 OR EMAIL info@foodnet.org by JUNE 11, 2019. LET US KNOW IF YOU ARE COMING AND WHO IS COMING WITH YOU

**Full Cost of the meal is \$8.00. Any contribution amount is appreciated, but no one will be turned away!*



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.



Foodnet Meals on Wheels is proud to partner with Community Dispute Resolution Center to offer a presentation on the services available through CDRC. Conflict Education Program Manager, Franci J Saunders, will join us at three locations in Tompkins County to give us advice on how to foster constructive responses to conflict and teach us how to:

- Have positive conversations
- Recognize when conflict is arising
- Foster and maintain relationship
- Use meditation as a tool to facilitate communication
- Maintain relationships
- Utilize services that are available to you through Community Dispute Resolution Center

June 19th 10:30-11:30 (Wednesday)
Center Village Court (community room)
200 W. South St., Groton, NY

June 20th 11:30-12:30 (Thursday)
YMCA (Borg-Warner Wellness Room)
50 Graham Rd. W., Ithaca, NY)

June 21st 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.