

Mon	Tue	Wed	Thu	Fri
2 LABOR DAY No Delivery Today Mac & Cheese Carrots Green Beans Juice Oatmeal Raisin Cookie	3 Chicken w Tomato & Swiss (Sloppy Joe) Herb Roasted Potatoes Peas Juice Chocolate Chip Cookie	4 Beef Meatloaf (Cheese Lasagna) Broccoli Carrots Tossed Salad Rosy Apple Gelatin	5 * Sausage Bake (French Toast Casserole) Baked Apples Blueberry Muffin Banana Yogurt Grandparents Day Brunch	6 Chicken & Gravy (Lemon Baked Fish) Broccoli Long Grain Rice Coleslaw Orange Olive Oil Cake
9 Chicken Cordon Bleu (Sausage Pezzoli) Carrots Tiny, Whole Potatoes Juice Peaches	10 Beef Chili (Dill Fish) Cornbread Brussel Sprouts Spinach Salad Peanut Butter Cookie	11 * Pork Roast (Cranberry Chicken) Garlic Mashed Potato Green Beans Cabbage Slaw Cherry Berry Bar PATRIOTS DAY	12 Beef Lasagna (Fish Dijon) Italian Blend Veg. Corn Green Salad Double Orange Delight	13 Veggie Frittata (Chicken Ala King) Spinach Tomato and Zucchini Juice Carrot Cake
16 Turkey Hot Dog (BBQ Riblet) Broccoli Corn Potato Salad Yogurt Cake	17 Chicken Scampi (Ham w Pineapple) Zucchini Pasta Alfredo Greek Chickpea Salad Fruit Cocktail	18 Spaghetti (Breaded Fish) Green Beans Cauliflower Spinach Salad w Orange Sections Apple	19 Chicken Stew (Beef Stew) Corn Bread Muffin Spinach Marinated Cucumbers Peach Cake	20 Sicilian Fish (Patty Melt) Rice Pilaf Mixed Veg Carrot Raisin Salad Rosy Apple
23 Honey Pork Chop (Apricot Chicken) Winter Squash Broccoli Applesauce Brownies	24 * Turkey & Gravy (Pepper Steak) Mashed Potatoes Green Beans Orange Cranberry Relish Apple Crisp	25 Spinach Lasagna (Pub Fish) Peas Carrots Spinach Salad w Orange Sections Vanilla Pudding	26 * Swedish Beef (Chicken & Gravy) Rice Zucchini Golden Carrot Salad Banana Cake BIRTHDAY CELEBRATION	27 Tuna Casserole (Sausage w Peppers & Onions) Broccoli Cauliflower Creamy Cucumbers Orange
30 Chicken Parmesan (Lemon Baked Fish) Potatoes Obrien Spinach Juice Peach Cobbler			*Theme Days Sept 5-Grandparents Day Sept.11-Patriots Day Sept 24-First Day of Autumn Sept. 26—September Birthday Celebration	



OFFICE:
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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 (Thursdays 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.



SEPTEMBER
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.



September 2019 Sandwich Menu

Digital Training for Older Adults

Mon	Tue	Wed	Thu	Fri
2 <i>Happy Labor Day!</i> 	3 Chicken Salad 12-Grain Bread Yogurt	4 Tuna Salad Multi-Grain Bread Banana	5 Bologna Wheat Bread Fresh Fruit	6 Egg Salad Oat Bread Fresh Fruit
9 Ham Oat Bread Fresh Fruit	10 Chicken Salad 12-Grain Bread Yogurt	11 Tuna Salad Multi-Grain Bread Banana	12 Bologna Wheat Bread Fresh Bread	13 Egg Salad Oat Bread Fresh Fruit
16 Ham Oat Bread Fresh Fruit	17 Chicken Salad 12-Grain Bread Yogurt	18 Tuna Salad Multi-Grain Bread Banana	19 Bologna Wheat Bread Fresh Fruit	20 Egg Salad Oat Bread Fresh Fruit
23 Ham Oat Bread Fresh Fruit	24 Chicken Salad 12-Grain Bread Yogurt	25 Tuna Salad Multi-Grain Bread Banana	26 Bologna Wheat Bread Fresh Fruit	27 Egg Salad Oat Bread Fresh Fruit
30 Ham Oat Bread Fresh Fruit				

Join librarians from Tompkins County Public Library to learn how to borrow eBooks and eAudiobooks with Overdrive. Overdrive books can be borrowed anytime, even if the library is closed!

- Patrons are encouraged to bring:
- Personal electronic devices
 - TCPL or Finger Lakes Library System card
 - Photo ID if you need to sign up for a card
 - User names and passwords that may be associated with your electronic devices

If you have any questions prior to the workshop, you are encouraged to contact Digital Lab Librarian Tom Fredette at (607) 272-4557 extension 271, or tfredette@tcpl.org."

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

September 18th at 10:30 (Wednesday)
Center Village Court (community room)
 200 W. South St.
 Groton, NY

October 4th at 10:30 (Friday)
Titus Towers (community room)
 800 S. Plain St
 Ithaca, NY

September 26th at 11:30 (Thursday)
YMCA (Borg-Warner Wellness Room)
 50 Graham Rd. W.
 Ithaca, NY

Please register in advance by calling 266-9553

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 at the cost of \$8.00.

Menu Theme Days:

Our talented chefs have come up with several theme days for September based on feedback we have received from our recent survey. We will have a brunch meal to celebrate Grandparent's day, a patriotic meal in honor of September 11 (Patriot's Day) and an autumn themed meal on September 24, the first full day of Fall. We are also bringing back a monthly birthday celebration! This will feature a piece of our banana cake with frosting and sprinkles to celebrate all the birthdays in the current month. Each theme day will have a star by the date on the calendar.

