

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Spanish Rice (Beef Spanish Rice) Spinach Corn Cottage Cheese w Pear Banana Cake 	3 Sweet & Sour Pork (Honey Chicken) Wild Rice Broccoli w Red Peppers Marinated Cucumbers Fortune Cookie	4 Shepard's Pie (Spinach Lasagna) Harvard Beets Lima Beans Spinach Tomato Salad Pound Cake	5 Beef & Broccoli (Mac & Cheese) Baby Carrots Stewed Tomatoes Juice Pears	6 Orange Chicken (Sicilian Cod) Rice Pilaf Mixed Veg Marinated Mushrooms Banana
9 Beef Mushroom Melt (Chicken Tomato Swiss) O'brien Potatoes Zucchini w Tomatoes Mac Salad Chocolate Chip Cookie	10 Beef Stroganoff (Fish Mornay) Buttered Pasta California Vegetables Spinach w Orange Salad Blueberry Muffin	11 Pork Roast (Chicken & Gravy) Mashed Potatoes 4 Way Mixed Veg White Bean Salad Pudding	12 Honey Mustard Chicken (Seafood Creole) Rice Pilaf Broccoli Juice Apple Cake	13 Eggplant Parmesan (Salisbury Steak) Scalloped Potatoes Green Beans w Red Peppers Cabbage Slaw Peaches
16 Beef & Artichokes (Crispy Chicken) Roasted Potatoes Cauliflower Chickpea Salad Banana	17 Corned Beef (Baked Ham)  Cabbage & Carrots Steamed Potatoes Juice St. Patrick's Day Cake	18 Spaghetti (Veggie Frittata) Spinach Alfredo Cauliflower 3 Bean Salad Oatmeal Cookie	19 Chicken Cacciatore (Ham Loaf)  Pasta w/sauce Italian Green Beans Tossed Salad Pineapple Upside-down Cake	20 Stuffed Shells (Beef Stew) Corn Bread Brussel Sprouts Carrot Raisin Salad Double Orange Delight
23 Breaded Fish (Cranberry Chicken) Mac & Cheese Tomatoes w Zucchini Cole Slaw Carrot Cake	24 Veggie Lasagna (Chicken Stew) Biscuit Green Beans Green Salad Cherry Berry Bar	25 Beef Chili (Turkey Dog) Cornbread Baby Carrots Fruited Gelatin Applesauce Cake	26 Turkey w Gravy (Lemon Baked Cod) Beans & Greens Mashed Potatoes Orange Cranberry Relish Pumpkin Squares	27 Tuna Casserole (Honey Glazed Pork) Citrus Beets Corn Spinach Salad Chunky Monkey Cookie
30 Veal Parmesan (Chicken Scampi) Linguini w Sauce Italian Blend Veg Beet & Apple Salad Fruit Cocktail	31 Pot Roast (Dill Fish) Carrots Baked Potato Green Salad Olive Oil Cake	EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK		CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE.

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:
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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 12:00 pm. Meals must be reserved by noon the previous day.

REMEMBER TO SET YOUR CLOCKS FORWARD ON SUNDAY, MARCH 8, 2020, DUE TO DAYLIGHT SAVINGS TIME.



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. Thank you!





MARCH 2020



Do NOT return this menu to Foodnet. This menu is for your information only

MARCH 2020 Sandwich Menu

Mon	Tue	Wed	Thu	Fri
2 Deli Turkey Grapes	3 Tuna Salad Orange	4 Sliced Ham Banana	5 Chicken Salad Fruit Cocktail	6 Egg Salad Applesauce
9 Deli Turkey Grapes	10 Tuna Salad Orange	11 Sliced Ham Banana	12 Chicken Salad Fruit Cocktail	13 Egg Salad Applesauce
16 Deli Turkey Grapes	17 Tuna Salad Orange 	18 Sliced Ham Banana	19 Chicken Salad Fruit Cocktail	20 Egg Salad Applesauce
23 Deli Turkey Grapes	24 Tuna Salad Orange	25 Sliced Ham Banana	26 Chicken Salad Fruit Cocktail	27 Egg Salad Applesauce
30 Deli Turkey Grapes	31 Tuna Salad Orange			

DAYLIGHT SAVINGS TIME BEGINS SUNDAY, MARCH 8! DON'T FORGET TO SPRING FORWARD!

MAC'N CHEESE BOWL

Saturday March 21

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





Emergency Preparedness

presented by Finger Lakes Independence Center

Join Foodnet Meals on Wheels as we host Finger Lakes Independence Center to offer two presentations on Emergency Preparedness. Attendees will receive information and materials that will help maximize the ability to be prepared in the event of an emergency.

Participants learn:

- How to be prepared in an emergency for up to 72 hours
- Preparations for blizzards, flooding, etc., recommended materials
- How to build and connect with a support system
- Other considerations & recommended resources

Participants receive:

- Go-Stay-Kit- An easy and organized emergency planner and assistance filling it out
- Back Pack to store emergency supplies
- Water Bottle

March 25th at 10:30 (Wednesday)
Center Village Court (community room)
 200 W. South St.
 Groton

March 26th at 11:00 (Thursday)
YMCA (Paul Grennell Wellness Center)
 50 Graham Road
 Ithaca

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

Join Foodnet for a nutritious lunch immediately following this presentation. 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.

Email Linda Tallman at ltallman@foodnet.org if you would like to receive monthly emails regarding upcoming workshops and presentations offered at Foodnet's social dining locations.
 To schedule an Emergency Preparedness presentation or learn more contact Amy Jo DeKoeper at amyjo@fliconline.org, or Jeff Boles at jeff@fliconline.org or call 607-272-2433.

This presentation is made possible by a grant from the United Way of Tompkins County

