

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sausage w/ Pepper & Onion (Sloppy Joe) Herb Roasted Potatoes Zucchini Hamburger Roll Chocolate Chip Cookie	2 Roast Pork (Chicken Scampi) Sarah's Black Bean Casserole Spinach Banana Cake	3 Swiss Steak (Honey Mustard Fish) Peas & Carrots Beans & Mushrooms Chocolate Pudding	4 Cheese Lasagna (Tuna Casserole) Broccoli Baby Carrots Tossed Salad Applesauce Cake	5 COLD PLATE Chicken Salad (Egg Salad) Beet & Apple Salad Greek Chick Pea Salad Gingerbread Cake HAPPY BIRTHDAY!
8 Patty Melt (Sicilian Fish) Baked Potato Beans & Greens Chocolate Cake	9 Beef & Broccoli (Sweet & Sour Chicken) Rice Pilaf Mixed Vegetables Marinated Cucumbers Almond Cookie	10 Chicken Cacciatore (Salmon Loaf) Tiny Whole Potatoes Green Beans w/Red Peppers Cabbage Slaw Cherry Squares	11 Pasta & Meatballs (Crispy Chicken) Key Largo Veg Blend Brussel Sprouts Green Salad Orange-Pineapple Delight	12 COLD PLATE Ham Salad (Sliced Turkey) Carrot Raisin Salad Broccoli & Rotini Salad Peanut Butter Cookie
15 Cornell Chicken (Burger w/ Swiss & Tomato) Baby Carrots Green Beans Potato Salad Strawberry Shortcake	16 Creamed Cod (Beef Paprikash) Rice Spinach Spinach Salad Orange Pudding	17 Pulled Pork (Chicken Spiedies) Dilly Potatoes Corn w/Red Peppers Creamy Coleslaw Apple Crisp	18 Chicken Tetrizzini (Eggplant Parmesan) California Blend Veggies Asparagus Tomato Salad Blond Brownie	19 COLD PLATE Roast Beef Salad (Antipasto Salad) Roasted Cauliflower Bean Salad Grapes
22 BBQ Pork Riblet (Turkey Hot Dog) Baked Beans Braised Cabbage Ice Cream FATHER'S DAY LUNCH	23 Beef Stew (Chicken & Gravy) Biscuit Citrus Beets Carrot Cake	24 Chicken Cor don Bleu (Sausage Pizzaiola) Augratin Potatoes Italian Green Beans Peach Cobbler	25 Stuffed Shells (Breaded Fish) Broccoli Corn & Black Beans Green Salad Poke Cake	26 COLD PLATE Ham & Swiss (Tuna Niciose) Macaroni Salad Raspberry Carrots Chocolate Pudding
29 Beef Goulash (Chicken Stew) Cheddar Biscuit Green Beans Beet & Onion Salad Peach Cake	30 Honey Mustard Chicken (Fish Dijon) Carrots Spinach Salad w/ Tomato Fresh Melon	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.



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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
CLOSED

**JUNE
2020**

Dear Foodnet Participants,
It continues to be an honor to provide your meals and nutrition services. Thank you so much for your support and understanding during this difficult time. The safety of our staff, volunteers, and our participants continues to be our priority.

We are pleased to share that the "Choice Menu" is back! If you need support completing your choice menu, our staff are prepared to talk to you about your selections over the phone. As you know, "Phased Opening" has started in in our New York State region, which is a true sign of progress. However, the safety precautions that we have put in place are still a requirement. We are continuing to monitor information from our local health officials, and the Centers for Disease Control (CDC) related to Coronavirus (COVID-19). We will update you as we learn new information that impacts our operations.

We are here for you. You inspire us to work in ways we have not worked before. We know that this pandemic will end one day. We are very much looking forward to resuming normal operations and hope that day comes soon. Please call us with any questions!

Warm wishes,
Jessica Gosa
Executive Director



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 2020 Sandwich Menu



Mon	Tue	Wed	Thu	Fri
1 Ham Orange Multigrain	2 Egg Salad Yogurt Wheat	3 Turkey 12 Grain Apple	4 Chicken Salad Oat Bread Fruit Cup	5 Humus Wheat Bread Banana
8 Ham Orange Multigrain	9 Egg Salad Yogurt Wheat	10 Turkey 12 Grain Apple	11 Chicken Salad Oat Bread Fruit Cup	12 Humus Wheat Bread Banana
15 Ham Orange Multigrain	16 Egg Salad Yogurt Wheat	17 Turkey 12 Grain Apple	18 Chicken Salad Oat Bread Fruit Cup	19 Humus Wheat Bread Banana
22 Ham Orange Multigrain	23 Egg Salad Yogurt Wheat	24 Turkey 12 Grain Apple	25 Chicken Salad Oat Bread Fruit Cup	26 Humus Wheat Bread Banana
29 Ham Orange Multigrain	30 Egg Salad Yogurt Wheat			



Sunday, June 21



SATURDAY, JUNE 20

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.



In abundance of caution, related to COVID-19, Foodnet has updated our precautions to ensure your safety. However, please note that this is an evolving situation, and **all precautions are subject to change.**

- All clients have a 14-day supply of emergency meals on-hand in the event of a service disruption.
- Foodnet will provide **all** meal deliveries without direct contact. Delivery staff will knock/ring the doorbell, step back and make sure you receive the meal. If you do not answer the door, we will do our best to reach you by phone.
- All Congregate clients will receive their meals in their apartments/homes. Staff will deliver these meals to you using the same non-contact approach.
- Home Delivered Meal routes will temporarily be provided on **an every other day schedule.** On each delivery, you will receive a hot meal, (sandwich meal, if needed), and a frozen meal for the following day.
- Nutrition counseling, assessment and case management will continue to be provided by telephone.
- Foodnet has increased all sanitation procedures. Drivers wear protective masks and have hand sanitizer and disinfectant to use during meal deliveries.
- We also ask that if you are experiencing symptoms related to any viruses (i.e. Flu) to please let us know.
- If you are experiencing main symptoms of Coronavirus such as fever, dry cough, shortness of breath, or have come into contact with someone with the illness, please let us know and contact your health provider.
- If you have been notified that you have a positive COVID-19 test, have been asked to quarantine or self-isolate, please let us know immediately.