



THE HIGHLIGHTED DAYS ARE YOUR DELIVERY DAYS FOR THE MONTH.

NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf (Chicken & Gravy) Garlic Herb Potatoes Broccoli Applesauce Oatmeal Raisin Cookie	3 Beef Stew (Pork Chop) Biscuit Harvard Beets Apple	4 Creamed Cod (Chicken Parmesan) Buttered Pasta Italian Blend Applesauce Cake	5 Eggplant Parmesan (Veggie Lasagna) Peas & Onions Bread Stick Tossed Salad Brownie	6 Swedish Beef (Ginger Chicken) Apple Sauce Mixed Veg Spinach Salad Pudding
9 Crispy Chicken (Pepper Steak) Tiny Whole Potatoes Mixed Vegetables Peanut Butter Cookie	10 Sausage with Peppers & Onion (Meat Lasagna) Broccoli Corn Spinach Salad Vanilla Cake	11 BBQ Riblet (Turkey Hot Dog) Herb Roasted Potatoes Carrots Coleslaw Orange Pineapple Delight	12 Cider Chicken (Salisbury Steak) Cheddar Mashed Peas & Carrots Blonde Brownies	13 Chicken Tetrizzini (Sicilian Cod) Mixed Veg Cauliflower Rosy Apple Gelatin
16 Chicken Spanish Rice (Beef & Mushroom Melt) Mixed Vegetables Spinach Banana Cake	17 Stuffed Shells (Stuffed Peppers) Broccoli 4 Way Vegetable Mix Strawberry Pretzel Squares	18 Veggie Lasagna (Breaded Fish) Winter Blend Vegetables Green Beans Carnival Cookie	19 Ratatouille (Chicken Stew) Biscuit Spinach Double Orange Delight	20 White Chicken Chili (Lemon Baked Fish) Dilly Potatoes Peas & Mushrooms Banana
23 Sausage Pizzaiola (Swiss Steak) Linguini Cauliflower Almond Cookie	24 Roast Turkey (Roast Pork) Mashed Potatoes Asparagus Cranberry Relish Pumpkin Squares	25 Roast Turkey (Roast Pork) Mashed Potatoes Asparagus Cranberry Relish Pumpkin Squares	26 Chicken Parmesan (Beef Patty) Peas Diced Carrots Cookie HAPPY THANKSGIVING No Delivery	27 Macaroni & Cheese (Chicken Patty) Corn Green Beans Orange FOODNET CLOSED No Delivery
30 Sesame Chicken (Patty Melt) Obrien Potatoes Baby Carrots Fruit Cup		CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE.	EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK	

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.



IT IS THAT TIME OF YEAR AGAIN!

If we can't deliver meals because of weather or another emergency, there will be an announcement on the radio and television stations and a special message at 266-9553.

Foodnet Meals on Wheels does not usually cancel deliveries because of weather unless it is severe enough to cause the Ithaca City School District to close because of unsafe road conditions. In certain cases, we may not be able to deliver to your home due to other unforeseen circumstances, we will call you to let you know we can't deliver.



In these cases, you should use the blizzard bag that has been provided to you.

DO YOU HAVE A FAVORITE RECIPE THAT YOU WOULD LIKE TO HAVE FOODNET ADD TO THE MENU?

If you do, send it in with your delivery person or email it to info@foodnet.org.

Who knows, it may just make the next menu!



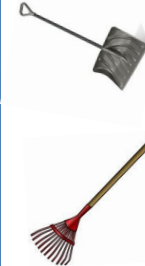
November 2020 Sandwich

Mon	Tue	Wed	Thu	Fri
2 Sliced Turkey Wheat Bread Apple	3 Ham Salad Multigrain Bread Orange	4 Egg Salad Wheat Bread Banana	5 Chicken Salad Oat Bread Yogurt	6 Tuna Salad Wheat Bread Orange
9 Sliced Turkey Wheat Bread Apple	10 Ham Salad Multigrain Bread Orange	11 Egg Salad Wheat Bread Banana	12 Chicken Salad Oat Bread Yogurt	13 Tuna Salad Wheat Bread Orange
16 Sliced Turkey Wheat Bread Apple	17 Ham Salad Multigrain Bread Orange	18 Egg Salad Wheat Bread Banana	19 Chicken Salad Oat Bread Yogurt	20 Tuna Salad Wheat Bread Orange
23 Sliced Turkey Wheat Bread Apple	24 Ham Salad Multigrain Bread Orange	25 Egg Salad Wheat Bread Banana	26 Chicken Salad Oat Bread Yogurt	27 Tuna Salad Wheat Bread Orange
30 Sliced Turkey Wheat Bread Apple				



NEED HELP WITH YARD WORK ?

The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work and snow removal for seniors on either a paid or volunteer basis. Contact the Office for Aging at 274-5482 for more



Amy Jackson, County Office for the Aging

We are pleased to share that we are partnering with Cornell University's Public Service Center, and their Person-Centered Advocacy Team. Through this program, we have six enthusiastic student volunteers who will provide telephone calls to check-in with you. Amy Jackson at the County Office for the Aging will continue to offer calls as well. One of the greatest challenges at Foodnet related to COVID-19 has been moving to contactless meal deliveries. Our drivers miss their daily in-person visits with you, and we look forward to a time when we can resume this part of our services. In the meantime, we hope you will enjoy talking to our student interns. These calls provide an opportunity for you share any concerns, and to check-in with a caring individual. Our registered dietitian, Kelly Quinn will oversee the program and will be in regular communication with all our interns. Thank you for trusting us to provide your meals. We are honored to be here for you. Please call us if you have questions 607-266-9553.



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.



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