<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>5 Pizza Bake (Chicken Spiedies) Sliced Carrots Braised Red Cabbage Bread Pudding</td>
<td>6 Meatloaf (Salmon Loaf) Scallion Mashed Potatoes Vegetable Blend Banana</td>
<td>7 Pub Style Fish (Stuffed Shells) Brown Rice Pilaf Green Beans with Red Peppers Blueberry Pound Cake</td>
<td>1 BBQ Chicken (Hot Dog) Dilly Potatoes Italian Vegetables Vanilla Pudding</td>
<td>2 Beef Goulash (Cranberry Chicken) Corn Broccoli Florets Peanut Butter Cookies</td>
</tr>
<tr>
<td>12 Chicken, Tomato, Cheese Sandwich (BBQ Beef) Potatoes Au Gratin Winter Vegetable Blend Orange Pineapple Delight</td>
<td>13 Shepard’s Pie (Honey Glazed Pork Chop) Green Beans Mashed Winter Squash Peach Cobbler</td>
<td>14 Baked Chicken (Eggplant Parmesan) Sweet Potatoes California Mix Vegetables Orange</td>
<td>15 Beef Hash (Cheese Strata) Sliced Peaches Blueberry Muffin Apple Crisp</td>
<td>16 Chicken Tetrazzini (Lemon Baked Fish) Peas &amp; Onions Zucchini w/Tomatoes Brownie</td>
</tr>
<tr>
<td>19 Chicken Scampi (Pepper Steak) Potatoes O’Brien Spinach Oatmeal Raisin Cookie</td>
<td>20 Beef Stroganoff (Fish Mornay) Brown Rice Pilaf 4 Way Vegetable Mix Chocolate Pudding</td>
<td>21 Spaghetti &amp; Meat Sauce (Cornell Chicken) Broccoli Florets Rancho Fiesta Vegetables Cherry Crisp</td>
<td>22 Hot Dog Beef Patty w/ Tomato &amp; Cheese Baked Beans Baby Carrots Applesauce Cake</td>
<td>23 Stuffed Peppers (Breaded Fish) Herb Potatoes Italian Mixed Vegetables Sliced Pears</td>
</tr>
<tr>
<td>26 Sweet &amp; Sour Pork (Patty Melt) Brown Rice Pilaf Beans &amp; Greens Chocolate Cake</td>
<td>27 Chicken Cabbage Casserole (Veal Parmesan) Baked Potato Carrots Sliced Peaches</td>
<td>28 Macaroni &amp; Cheese (Sausage Peppers &amp; Onions) Chuckwagon Mix Diced Beets Rice Pudding</td>
<td>29 Mediterranean Chicken Pasta (Crab Cakes) Corn Breadstick Apple Cake</td>
<td>30 Chicken Cor don Bleu (Honey Mustard Fish) Lemon Rice Short-Cut Green Beans Carrot Cake</td>
</tr>
</tbody>
</table>

**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.**

**APRIL 2021**

**MEET OUR INTERNS!**

Please join us in welcoming Taylor Bush to Foodnet Meals on Wheels as an intern/volunteer this Spring/Summer!

Taylor (pictured on left with her little pooch, Lola) is a senior at Ithaca College with a Health Sciences major and a concentration in Nutrition and a minor in Exercise Science. She has a passion for physical as well as mental health. Her goal is to become a Sports Dietitian. Her favorite ways to pass time are eating and enjoying friends and outdoors!

Also joining our remote meal team is McKenzie Coleman to Foodnet Meals on Wheels as intern/volunteer this Spring!

McKenzie is a senior at Ithaca College majoring in Health Sciences with a concentration in Food & Nutrition and a minor in Business Administration. Her goal is to become a Registered Dietitian and work across different platforms to educate many individuals about health and wellness. Some of her hobbies include spending time with friends and family, enjoying the great outdoors by hiking or being on the water, and finding fun recipes to make. She is an avid foodie!
A copy of our most recent annual report is available by request or through the office of the Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271.

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.

ZOOM COOKING CLASS: Friday April 30th 2 pm!

Join our registered dietitian, Kelly Quinn as she cooks a healthy spring recipe along with volunteers and Love Living at Home participants! Please call Kelly at 607 252 7028 or email Kquinn@foodnet.org for more information and zoom link. Need electronic device with internet, camera and zoom application to participate.

In Case you were wondering:

As you read through our menu, you will notice a vegetable blend on certain days. These are some of the blends you receive in your meals:

**California:** cut broccoli, cauliflower, carrots

**Italian:** Zucchini, Cauliflower, Green beans, Lima Beans

**5 Way Mix:** Corn, Peas, Green Beans, Lima Beans, Carrots

**Chuckwagon:** Corn, Diced Onion, Green & Red Sweet Peppers

**Winter Blend:** Broccoli & Cauliflower

**Rancho Fiesta Mux:** Corn, Black Beans, Onions, Sweet Red Peppers

**OFFICE:**
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Fax: (607) 266-9461
Website: www.foodnet.org
Email: info@foodnet.org

**APRIL 2021 Sandwich Menu**

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<tbody>
<tr>
<td>5 Roast Beef Oat Bread Orange</td>
<td>6 Tuna Salad Wheat Bread Apple</td>
<td>7 Sliced Chicken 12 Grain Bread Banana</td>
<td>8 Egg Salad Wheat Bread Yogurt</td>
<td>2 Applewood Turkey Oat Bread Orange</td>
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