





MAY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Birthday Celebration Breaded Fish (Sausage with Peppers/ Onions) O'Brien Potatoes Island Blend Vegetables Poke Cake	4 Meatballs with Sauce (Crispy Chicken) Key West Blend Pasta Peach Cake	5 Taco Bake (Lemon Baked Fish) Red Beans and Rice Chuck Wagon Blend Brownie	6 Reuben Casserole (Chicken Scampi) Tiny Whole Potatoes Baby Carrots Peaches	7 Macaroni and Cheese (Honey Glazed Pork Chop) Tomatoes and Zucchini Green Beans Raspberry Peach Crisp
10 Mother's Day Brunch French Toast (Sausage with Gravy) Biscuit Baked Apples Blueberry muffin Cinnamon Cake	11 Chicken Chow Mein (Beef & Broccoli) Italian Blend Rice Pilaf Almond Cookie	12 Spaghetti with Meat Sauce (Veggie Frittata) Winter Blend Carrots Green Salad Apple Squares	13 Chicken & Gravy (Creamed Cod) Green Beans Biscuit Yogurt	14 Beef Pizzaiola (Apricot Chicken) Dilly Potatoes Spinach Chocolate Chip Cookie
17 BBQ Riblet (Low Salt Beef Hot dog) Wheat Hot Dog Bun Braised Cabbage Baked Beans Banana	18 Chicken Tetrzzini (Kielbasa) Zucchini Italian Blend Sliced Pears	19 Meatloaf with Gravy (Fish Dijon) Mashed Potatoes Harvard Beets Cherry Berry Bars	20 Spinach Lasagna (Stuffed Peppers) Stewed Tomatoes Brussel Sprouts Tossed Salad Peaches	21 Chicken Paprikash (Beef and Broccoli) Rice Pilaf Monte Carlo Blend Chocolate Pudding
24 Breaded Fish (Pulled Pork) Wheat Hamburger Roll O'Brien Potatoes Green Beans w/ Red Peppers Fruit Cup	25 Chicken Spiedies (Sloppy Joes) Wheat Hot Dog roll Beans and Greens Monterey Blend Orange	26 Stuffed Shells w/Alfredo Sauce (Chicken Parmesan) Broccoli Diced Beets Spinach Salad Peanut Butter Cookie	27 Memorial Day Meal Hamburger (Sausage with Peppers & Onions) Baby Carrots Herbed Potatoes Ice Cream	28 Cold Plate Tuna Salad (Turkey Salad) Macaroni Salad Beet and Onion Salad Carrot Cake
31 Memorial Day Holiday meal sent week of May 24 BBQ Chicken (Breaded Fish) Carrots Corn Sugar Cookie 		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	

May's vegetable blend key:

May 4: Key West Blend= Green Beans, sliced carrots, yellow carrots and red peppers

May 5: Chuck Wagon Blend= Corn, diced red and green onions

May 11: Italian Blend= Zucchini, cauliflower, green and lima beans

May 12: Winter Blend= Broccoli and cauliflower




May 21: Monte Carlo Blend= Baby carrots, yellow and green beans

May 25: Monterrey Blend= Green beans, cut carrots, cauliflower, red and yellow pepper strips and onion



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!

May 2021 Sandwich Menu

Mon	Tue	Wed	Thu	Fri
3 Roast Beef Oat Bread Orange	4 Tuna Salad Wheat Bread Apple	5 Chicken Salad 12 Grain Bread Banana	6 Egg Salad Wheat Bread Yogurt	7 Turkey Oat Bread Orange
10 Roast Beef Oat Bread Orange	11 Tuna Salad Wheat Bread Apple	12 Chicken Salad 12 Grain Bread Banana	13 Egg Salad Wheat Bread Yogurt	14 Turkey Oat Bread Orange
17 Roast Beef Oat Bread Orange	18 Tuna Salad Wheat Bread Apple	19 Chicken Salad 12 Grain Bread Banana	20 Egg Salad Wheat Bread Yogurt	21 Turkey Oat Bread Orange
24 Roast Beef Oat Bread Orange	25 Tuna Salad Wheat Bread Apple	26 Chicken Salad 12 Grain Bread Banana	27 Egg Salad Wheat Bread Yogurt	29 Turkey Oat Bread Orange
31 		HAPPY MOTHERS DAY! 		

NEED HELP WITH YARD WORK ?
The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work for seniors on either a paid or volunteer basis. Contact the Office for Aging at 274-5482 for more details.



OFFICE:
2422 N. Triphammer Rd.
Ithaca, NY 14850-1014
Phone: (607) 266-9553
Fax: (607) 266-9461



Foodnet on the move...

Foodnet Welcomes Darren McGee, Food Service Operations Manager to our Team!

Please join us in welcoming our new Food Service Operations Manager, Darren McGee! Darren previously worked for Ithaca Bakery/College Town Bagels where he served as the Manager and Director of Retail Operations. He also worked 16 years as a Manager at Cornell Dining, where he was responsible for many of the existing 38 dining operations.



Darren is a US Marine Core (USMC) Veteran, where he served from 1977-83. He currently volunteers at the Enfield Food Pantry, Team Rubicon and Team Red / White and Blue. Darren is also the proud father of 5 and grandfather of 4!

Meet our New Assistant Food Operations Manager, Regan Tingley!

We are excited to share that Regan Tingley has been promoted to Assistant Operations Manager. Regan was previously our Southside Outreach Driver. She brings many years of experience in the restaurant and hospitality industry in Ithaca and the Boston area. In addition to supporting Foodnet's operations, Regan was previously the evening manager at College Town Bagels.

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.

