







JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sausage w/Peppers & Onions (Breaded Fish) Spinach Herb Roasted Potatoes Chocolate Chip Cookie	2 Swiss Steak (Honey Mustard Chicken) Peas & Mushroom Carrots Banana Cake  Birthday Celebration	3 Cider Chicken (Cheese Lasagna) Broccoli Baby Carrots Tossed Salad Chocolate Pudding	4 COLD PLATE Ham & Cheese (Tuna Niçoise) Macaroni Salad Raspberry Carrots Applesauce Cake
7 Patty Melt (Sicilian Cod) Baked Potatoes Beans & Greens Assorted Fruit	8 Beef & Broccoli (Sweet & Sour Chicken) Rice Pilaf Stir Fry Vegetables Marinated Cucumbers Almond Cookie	9 Chicken Cacciatore (Salmon Loaf) Tiny Whole Potatoes Green Beans w/ Red Pepper Cabbage Slaw Cherry Squares	10 Pasta w/ Meatballs (Crispy Baked Chicken) Key Largo Blend Brussels Sprouts 3 Bean Salad Mandarin Oranges	11 COLD PLATE Ham Salad (Sliced Turkey) Carrot Raisin Salad Broccoli Rotini German Chocolate Cake
14 Cornell Chicken (Hamburger w/Tomato & Swiss) Corn  Green Beans Potato Salad Strawberry Shortcake	15 Creamed Cod (Beef Paprikash) Rice Peas Tossed Salad Assorted Fruit	16 Pulled Pork (Chicken Spiedies) Dilly Potatoes Citrus Beets Creamy Coleslaw Apple Crisp	17 Chicken Tetrizzini (Eggplant Parmesan) California Blend Asparagus Tomato Salad Blondie	18 COLD PLATE Penne w/Tomato & Mozzarella (Antipasto Salad) Roasted Cauliflower Bean Salad Grapes
21 BBQ Pork Riblet (Hot Dog) Hot Dog Roll Baked Beans Braised Cabbage Chocolate Cookie 	22 Beef Stew (Chicken & Gravy) Biscuit Corn W/Red Peppers Carrot Cake	23 Chicken Cordon Bleu (Sausage Pizzaiola) Potatoes Au Gratin Italian Green Beans Assorted Fruit	24 Stuffed Shells (Breaded Fish) Broccoli Corn & Black Beans Green Salad Fruited Jell-o	25 COLD PLATE Chicken Salad (Egg Salad) Beet & Apple Salad Greek Chick Pea Salad Gingerbread Cake
28 Beef Goulash (Chicken Stew) Cheddar Biscuit Green Beans Beet & Onion Salad Tapioca Pudding	29 Honey Mustard Chicken (Fish Dijon) Carrots Cauliflower Tossed Salad w/ Tomato Fresh Melon	30 Roast Pork (Chicken Scampi) Sarah's Black Bean Casserole Spinach Banana Cake	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



VideoDining



Would you like to visit with someone while you dine on your Meals on Wheels dinner?

Foodnet and Cornell University are conducting a study of video chatting (also known as FaceTiming or Zoom) during meal times.

We are looking for adults aged 60 and older who receive Meals-on-Wheels and typically dine alone in their homes.

Participants will consume a Meals-on-Wheels meal while video chatting with another person eating the same meal. Each participant will eat and video chat six times.

Participants will also fill out surveys and complete an interview.

All necessary equipment to VideoDine will be provided.

Compensation: Amazon Echo Show Device that you will use to VideoDine



Interested? Call 607-255-0968 or email videodinere-search@gmail.com

For more information or with any questions, contact: Dr. Laura Barre 607-255-0968 or laura.barre@cornell.edu.

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 2021 Sandwich Menu

Mon	Tue	Wed	Thu	Fri
	1 Turkey Salad Assorted Fruit	2 Chicken Salad Assorted Fruit	3 Egg Salad Assorted Fruit	4 Tuna & Cheese Assorted Fruit
7 Low Salt Ham & Cheese Assorted Fruit	8 Turkey Salad Assorted Fruit	9 Chicken Salad Assorted Fruit	10 Egg Salad Assorted Fruit	11 Tuna & Cheese Assorted Fruit
14 Low Salt Ham & Cheese Assorted Fruit	15 Turkey Salad Assorted Fruit	16 Chicken Salad Assorted Fruit	17 Egg Salad Assorted Fruit	18 Tuna & Cheese Assorted Fruit
21 Low Salt Ham & Cheese Assorted Fruit	22 Turkey Salad Assorted Fruit	23 Chicken Salad Assorted Fruit	24 Egg Salad Assorted Fruit	25 Tuna & Cheese Assorted Fruit
28 Low Salt Ham & Cheese Assorted Fruit	29 Turkey Salad Assorted Fruit	30 Chicken Salad Assorted Fruit		

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
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CHANGES IN SANDWICH MENU


We will be making some changes to the sandwich option starting June 1. ***This will only affect clients who receive the sandwich option.*** The changes noted below will better meet clients' nutritional needs and preferences. If you have questions or concerns, please contact our office at 607 266-9553.

- A loaf of whole wheat white bread will be sent twice each month for sandwiches. It will be labeled with storage instructions.
- Assorted fruit will be sent with sandwiches.
- Low salt ham or peanut butter and jelly will replace roast beef, based on your food preferences.

During warm weather, it is especially important to take extra precautions and practice safe food handling. Foodnet cares about your safety and **cannot** leave meals unattended. If you have to be away at delivery time, please help us keep your food safe by calling us so we can help to establish alternative delivery plans for the day. If you have any questions, please call the main office at (607) 266-9553. Thank you!



Special Menu Features for June!

June 2: Birthday Celebration 

June 11: International Chocolate Cake Day

June 14: Flag Day and National Strawberry Shortcake Day

June 20: Father's Day

June 21: Summer Begins

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.

