



OCTOBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	1 Turkey Chili (Beef Patty w/ Gravy) Corn Bread Vegetable Blend Assorted Fruit
4 Spanish Rice (Chicken Patty) Vegetable Blend Corn Assorted Fruit	5 Meatloaf w/Red Pepper Sauce (Baked Ham) Roasted Root Veggies. Vegetable Blend Assorted Fruit	6 Cheese Lasagna (Breaded Fish) Vegetable Blend Green Beans Banana Cake	7 Chicken Tetrizzini (Beef Patty w/Onion) Vegetable Blend Carrots Assorted Fruit	8 Beef Stew (Turkey w/Gravy) Corn Bread Peas Assorted Fruit
11 Sausage Pizziola (Tuna Casserole) Carrots Vegetable Blend Assorted Fruit	12 Beef Goulash (Turkey Chili) Corn Bread Vegetable Blend Assorted Fruit	13 Sausage w/Peppers & Onions (Chicken Scampi) Vegetable Blend Green Beans Birthday Cake 	14 Spaghetti w/Meat Sauce (Sara's Black Bean Casserole) Vegetable Blend Corn Assorted Fruit	15 Beef Patty w/ Gravy (Fish Patty) Broccoli Vegetable Blend Assorted Fruit
18 Sloppy Joe (Honey Mustard Fish) Baked Beans Vegetable Blend Assorted Fruit	19 Chicken Cordon Bleu (Eggplant Parmesan) Carrots Vegetable Blend Assorted Fruit	20 Macaroni & Cheese (Ham in Cider Sauce) Corn Vegetable Blend Brownie	21 Beef Burgundy (Vegetable Frittata) Vegetable Blend Cauliflower Assorted Fruit	22 Chicken Spinach Artichoke Casserole (Patty Melt) Broccoli Vegetable Blend
25 Hamburger Stroganoff (Lemon Baked Fish) Vegetable Blend Peas Assorted Fruit	26 Vegetable Lasagna (Beef Chili) Corn Bread Vegetable Blend Assorted Fruit	27 Sweet & Sour Chicken (Baked Ziti) Carrots Vegetable Blend Carrot Cake	28 BBQ Pork Riblet (Tuna Melt) Vegetable Blend Green Beans Assorted Fruit	29 Pot Roast (Crab Newburgh) Vegetable Blend Peas Assorted Fruit

CHANGES IN THE MENU



The Foodnet Meals on Wheels team works hard to produce a nutritious and delicious menu for clients each month. We do all we can to provide the meals noted on the calendar but often must make changes to the menu without notice. Some things are out of our control which may result in changes to the daily menu at Foodnet Meals on Wheels

- **Supply chain constraints. Sometimes the items we have ordered are not available or are delayed.**
- **Workforce Shortages. As the nation experiences shortages of workforce, our vendors and suppliers are also feeling this pinch which can delay deliveries of products.**

The Foodnet Meals on Wheels team is committed to providing nutritious meals to clients and will continue to do all we can to address the changes that may happen. Please be patient with us.

THANK YOU!

Foodnet delivery staff deliver without direct contact. Delivery staff will knock or ring your doorbell, step back, and make sure your meal is received. We will also try to reach you by phone, if necessary. 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!

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.

OCTOBER 2021 Sandwich Menu



Mon	Tue	Wed	Thu	Fri
				1 Egg Salad Assorted Fruit
4 Bologna Assorted Fruit	5 Chicken Salad Assorted Fruit	6 Tuna Salad Assorted Fruit	7 Turkey Salad Assorted Fruit	8 Egg Salad Assorted Fruit
11 Bologna Assorted Fruit	12 Chicken Salad Assorted Fruit	13 Tuna Salad Assorted Fruit	14 Turkey Salad Assorted Fruit	15 Egg Salad Assorted Fruit
18 Bologna Assorted Fruit	19 Chicken Salad Assorted Fruit	20 Tuna Salad Assorted Fruit	21 Turkey Salad Assorted Fruit	22 Egg Salad Assorted Fruit
25 Bologna Assorted Fruit	26 Chicken Salad Assorted Fruit	27 Tuna Salad Assorted Fruit	28 Turkey Salad Assorted Fruit	29 Egg Salad Assorted Fruit

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

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.



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.

Would you like company while you dine? Would you like a smart device and training to video chat?

Join the Cornell Video Diningstudy and receive a **FREE Echo Show device**, assistance with set-up and training on how to video chat and VideoDine!

Who can participate? Anyone over the age of 60 who receives Meals on Wheels and typically eats their Meals on Wheels meal alone in their home.

How do you get the Echo Show? We will provide you with the Amazon Echo Show device, help you set it up at your house, and teach you how to use it.

What do you do in the study? You will Video chat with a paired dining partner once a week for 6 weeks using the Echo Show, complete food logs, and surveys and one interview.

How long is the study? About 2-3 months.

Who is doing the study? Dr. Laura Barre in the Division of Nutritional Sciences at Cornell University in collaboration with Foodnet Meals on Wheels.

Compensation : Keep the Echo Show device!

Interested? Call the research study staff at [607-255-0968](tel:607-255-0968) and leave a message or email VideoDineResearch@gmail.com.

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.

DATES OF OCTOBER

OCT 13—FOODNET MONTHLY BIRTHDAY CELEBRATION

OCT 31—HALLOWEEN

