

NOVEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey Chili (Beef Patty w/ Gravy) Corn Bread Vegetable Blend Assorted Fruit	2 Spanish Rice (Chicken Patty) Vegetable Blend Corn Assorted Fruit	3 Meatloaf w/Red Pepper Sauce (Baked Ham) Roasted Root Veggies. Vegetable Blend Banana Cake	4 Cheese Lasagna (Breaded Fish) Vegetable Blend Green Beans Assorted Fruit	5 Chicken Tetrizzini (Beef Patty w/Onion) Vegetable Blend Carrots Assorted Fruit
8 Beef Stew (Turkey w/Gravy) Corn Bread Peas Assorted Fruit	9 Sausage Pizzaiola (Tuna Casserole) Carrots Vegetable Blend Assorted Fruit	10 Beef Goulash (Turkey Chili) Corn Bread Vegetable Blend Birthday Cake SEMPER FI 	11 Sloppy Joe (Chicken Scampi) Vegetable Blend Green Beans Assorted Fruit 	12 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	16 Sausage w/Peppers & Onions (Honey Mustard Fish) Baked Beans Vegetable Blend Assorted Fruit	17 Chicken Cordon Bleu (Eggplant Parmesan) Carrots Vegetable Blend Brownie	18 Macaroni & Cheese (Ham in Cider Sauce) Corn Vegetable Blend Assorted Fruit	19 Beef Burgundy (Vegetable Frittata) Vegetable Blend Cauliflower Assorted Fruit
22 Chicken Spinach Artichoke Casserole (Patty Melt) Broccoli Vegetable Blend Assorted Fruit	23 Turkey w/Gravy & Dressing (Baked Ham) Mashed Potatoes Green Beans Pumpkin Squares	24 Sweet & Sour Chicken (Baked Ziti) Carrots Vegetable Blend Carrot Cake	25  No delivery.	26 No delivery today. Foodnet will be closed today also.
29 Pot Roast (Tuna Melt) Vegetable Blend Peas Assorted Fruit	30 Vegetable Lasagna (Beef Chili) Corn Bread Vegetable Blend Assorted Fruit	 THANK YOU!		FOODNET MEALS ON WHEELS WILL BE CLOSED THURSDAY NOVEMBER 25 AND FRIDAY NOVEMBER 26 IN OBSERVANCE OF THANKSGIVING.

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 will be provided to 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.

NOVEMBER 2021 Sandwich Menu



Mon	Tue	Wed	Thu	Fri
1 Bologna Assorted Fruit	2 Chicken Salad Assorted Fruit	3 Tuna Salad Assorted Fruit	4 Turkey Salad Assorted Fruit	5 Egg Salad Assorted Fruit
8 Bologna Assorted Fruit	9 Chicken Salad Assorted Fruit	10 Tuna Salad Assorted Fruit	11 Turkey Salad Assorted Fruit	12 Egg Salad Assorted Fruit
15 Bologna Assorted Fruit	16 Chicken Salad Assorted Fruit	17 Tuna Salad Assorted Fruit	18 Turkey Salad Assorted Fruit	19 Egg Salad Assorted Fruit
22 Bologna Assorted Fruit	23 Chicken Salad Assorted Fruit	24 Tuna Salad Assorted Fruit	25 THANKSGIVING HOLIDAY	26 THANKSGIVING HOLIDAY
29 Bologna Assorted Fruit	30 Chicken 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.

FOODNET HAPPENINGS

Things are happening here at Foodnet:

- We have just hired a new driver for the West side of Ithaca and the Enfield area. His name is Max. We would like to welcome him to Foodnet.
- We recently purchased a new van that is being driven on the Newfield route. Our vans get a lot of use and the wear and tear of everyday deliveries puts them through their paces.
- We are saying good bye to our Registered Dietitian, Kelly Quinn, after 4 1/2 years with Foodnet Meals on Wheels. We will be welcoming a new Registered Dietitian very soon.
- 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!

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 NOVEMBER

NOV 2—ELECTION DAY

NOV 7—DAYLIGHT SAVINGS ENDS-TURN YOUR CLOCK BACK
ONE HOUR

NOV 10—FOODNET MONTHLY BIRTHDAY CELEBRATION

NOV 11—VETERAN'S DAY



NOV 25—THANKSGIVING