

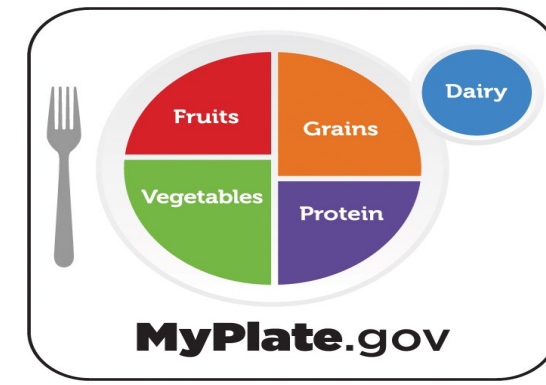


APRIL 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	** All meals served with half pint of milk (2%, Skim, Lactaid)	<b>CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE</b>		<b>1</b> Alfredo Chicken (Eggplant Parmesan) Wheat Pasta Corn Caribbean Blend Veg. Mandarin Oranges
<b>4</b> Hamburger Stroganoff (Creamed Cod) Wheat Pasta Peas Key West Blend Veg. Mixed Fruit	<b>5</b> Mustard Glazed Meatloaf (Spinach Mushroom Cheese Bake) Wheat Roll Green Beans Malibu Blend Veg. Applesauce	<b>6</b> Pork w/ Cider Sauce (Lemon Baked Fish) Brown Rice Broccoli Riviera Blend Veg. Banana Almond Cookie	<b>7</b> Apricot Glazed Chicken w/ Brown Rice (Cheese Strata) Corn Key West Blend Veg. Pineapple	<b>8</b> Swiss Steak (Sara's Black Bean Casserole) Wheat Pasta Carrots Caribbean Blend Veg. Mandarin Oranges
<b>11</b> Turkey Meatloaf w/ Red Pepper Sauce (Vegetable Frittata) Wheat Roll Broccoli Mixed Vegetables Mixed Fruit	<b>12</b> Sweet 'n Sour Pork (Black Bean Taco Bake) Brown Rice Green Beans Stir Fry Blend Peaches	<b>13</b> Balsamic Chicken (Sicilian Cod) Wheat Pasta Cauliflower Riviera Blend Veg. Banana Birthday Blondie 	<b>14</b> Vegetable Lasagna (Swiss Cheeseburger w/ Roll) Peas Malibu Blend Veg. Pears	<b>15</b> BBQ Pulled Pork (Fish Dijon) Wheat Roll Broccoli Key West Blend Veg. Mandarin Oranges
<b>18</b> Beef Paprikash (Sara's Black Bean Casserole) Wheat Pasta Cauliflower Caribbean Blend Veg. Mixed Fruit	<b>19</b> Spaghetti w/ Meat Sauce (Tuna Casserole) Carrots Corn Applesauce	<b>20</b> Ginger Chicken (Fish Mornay) Brown Rice Malibu Blend Veg. Green Beans Banana Cherry Blueberry Bar	<b>21</b> BBQ Riblet w/ Roll (Macaroni and Cheese) Cooked Greens Key West Blend Veg. Pineapple	<b>22</b> Chicken Scampi (Honey Mustard Fish) Wheat Pasta Broccoli Riviera Blend Veg. Mandarin Oranges
<b>25</b> Crispy Baked Chicken (Broccoli Cheese Bake) Wheat Roll Peas Caribbean Blend Veg. Mixed Fruit	<b>26</b> Turkey Divan (Fish w/ Dill Mustard Sauce) Brown Rice Broccoli Key West Blend Veg. Peaches	<b>27</b> Mushroom Lasagna (Spanish Rice) Green Beans Malibu Blend Veg. Banana Chocolate Pudding	<b>28</b> Pepper Steak (Fish Dijon) Brown Rice Cauliflower Stir Fry Blend Veg Pears	<b>29</b> Alfredo Chicken (Eggplant Parmesan) Wheat Pasta Corn Caribbean Blend Veg. Mandarin Oranges

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.



Whether you are trying to lose weight, manage chronic disease, or maintain your health- monitoring the amount of food you eat plays a major role.

Use your plate to help guide you towards building a healthy, balanced meal. Fruits and non-starchy vegetables should make up half of your standard sized dinner plate. The other half of the plate should be split between grains (preferably whole grains such as whole wheat pasta or bread, brown rice, quinoa, or a 6-inch whole wheat tortilla) and protein (such as chicken, 90% or more lean beef, legumes such as black beans or chickpeas, fish, tofu, or egg).

Lastly, round out the meal by including a portion of dairy such as low-fat milk or yogurt.



**OFFICE:**  
2422 N. Triphammer Rd.  
Ithaca, NY 14850-1014  
**Phone:** (607) 266-9553  
**Email:** info@foodnet.org

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!

# Sandwich Menu

**Menu Subject to change without notice based on availability of foods and supplies.		** All meals served with half pint of milk (2%, Skim, Lactaid)		1 Egg Salad 3 Bean Salad Raisins Mixed Fruit
4 Cottage Cheese Broccoli Tomato Salad Pineapple Banana	5 Chicken Salad Dilly Chickpeas Raisins Mandarin Oranges	6 Tuna Salad Coleslaw Mixed Fruit Juice	7 Turkey Salad Diced Beets Peaches Banana	8 Egg Salad Ice Box Salad Raisins Mixed Fruit
11 Ham Salad White Bean Salad Pineapple Banana	12 Chicken Salad Baby Carrots Raisins Mandarin Oranges	13 Tuna Salad Buttonwood 3 Bean Salad Mixed Fruit Juice	14 Turkey Salad Carrot Raisin Salad Peaches Banana	15 Egg Salad 3 Bean Salad Raisins Mixed Fruit
18 Cottage Cheese Broccoli Tomato Salad Pineapple Banana	19 Chicken Salad Dilly Chickpeas Raisins Mandarin Oranges	20 Tuna Salad Coleslaw Mixed Fruit Juice	21 Turkey Salad Diced Beets Peaches Banana	22 Egg Salad Ice Box Salad Raisins Mixed Fruit
25 Ham Salad White Bean Salad Pineapple Banana	26 Chicken Salad Baby Carrots Raisins Mandarin Oranges	27 Tuna Salad Buttonwood 3 Bean Salad Mixed Fruit Juice	28 Turkey Salad Carrot Raisin Salad Peaches Banana	29 Egg Salad 3 Bean Salad Raisins Mixed Fruit

**Bread Delivery for the sandwich meals occurs every other week. Please keep your loaf of bread in your fridge to maintain freshness .**



## NEED HELP WITH YARD WORK OR SNOW REMOVAL?

The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work & snow removal for seniors on either a paid or volunteer basis. Contact the Office for Aging at 607-274-5482 for more details.

**We are unable to deliver meals to a cooler if you are not home. If we are to leave meals in a refrigerator, the refrigerator should be plugged in and in working order.**

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.



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.

## NOTABLE DATES OF APRIL

April 1—April Fools Day

April 15—Tax Day



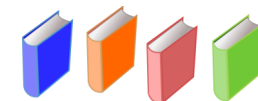
April 19—National Garlic Day



April 22—Earth Day



April 27—Tell a Story Day



April 29—Arbor Day

