


MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Hamburger Stroganoff (Creamed Cod) Wheat Pasta Peas Key West Blend Veggies Mixed Fruit	3 Mustard Glazed Meatloaf (Spinach Mushroom Cheese Bake) Wheat Roll Green Beans Malibu Blend Veggies Applesauce	4 Pork w/ Cider Sauce (Lemon Baked Fish) Brown Rice Broccoli Riviera Blend Veggies Banana Almond Cookie	5 Apricot Glazed Chicken w/ Brown Rice (Cheese Strata) Corn Key West Blend Veggies Pineapple	6 Swiss Steak (Macaroni & Cheese) Wheat Pasta Carrots Caribbean Blend Veggies Mandarin Oranges
9 Turkey Meatloaf w/ Red Pepper Sauce (Vegetable Frittata) Wheat Roll Broccoli Mixed Veggies Mixed Fruit	10 Sweet 'n Sour Pork (Black Bean Taco Bake) Brown Rice Green Beans Stir Fry Blend Veggies Peaches	11 Balsamic Chicken (Sicilian Cod) Wheat Pasta Cauliflower Riviera Blend Veggies Banana Birthday Blondie 	12 Vegetable Lasagna (Swiss Cheeseburger w/ Roll) Peas Malibu Blend Veggies Pears	13 BBQ Pulled Pork (Fish Dijon) Wheat Roll Broccoli Key West Blend Veggies Mandarin Oranges
16 Beef Paprikash (Sara's Black Bean Casserole) Wheat Pasta Cauliflower Caribbean Blend Veggies Mixed Fruit	17 Spaghetti w/ Meat Sauce (Tuna Casserole) Carrots Corn Applesauce	18 Ginger Chicken (Fish Mornay) Brown Rice Green Beans Malibu Blend Veggies Banana Cherry Blueberry Bar	19 BBQ Riblet w/ Roll (Macaroni & Cheese) Cooked Greens Key West Blend Veggies Pineapple	20 Chicken Scampi (Honey Mustard Fish) Wheat Pasta Broccoli Riviera Blend Veggies Mandarin Oranges
23 <b>Crispy</b> Baked Chicken (Broccoli Cheese Bake) Wheat Roll Peas Caribbean Blend Veggies Mixed Fruit	24 Turkey Divan (Fish w/ Dill Mustard Sauce) Brown Rice Broccoli Key West Blend Veggies Peaches	25 Mushroom Lasagna (Spanish Rice) Green Beans Malibu Blend Veggies Banana Chocolate Pudding	26 Pepper Steak (Fish Dijon) Brown Rice Cauliflower Stir Fry Blend Veggies Pears	27 Alfredo Chicken (Eggplant Parmesan) Wheat Pasta Corn Caribbean Blend Veggies Mandarin Oranges
30 Chicken Patty Wheat Roll Peas Caribbean Blend Veggies Mixed Fruit	31 Mustard Glazed Meatloaf (Spinach Mushroom Cheese Bake) Wheat Roll Green Beans Malibu Blend Veggies Applesauce	<b>CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE</b>	<b>FOODNET WILL BE CLOSED ON MONDAY, MAY 30.</b> Please call Foodnet to let us know if you would <u>not</u> like a frozen meal for the Memorial Day Holiday	<b>** All meals served with half pint of milk (2%, Skim, Lactaid)</b>

**MEMORIAL DAY**

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.



**FOODNET  
MEALS ON WHEELS**

# MAC 'N CHEESE BOWL

ITHACA FARMERS MARKET  
WEDNESDAY, MAY 4, 2022  
4:30PM - 7:00PM

**VOTE FOR THE VERY BEST MAC 'N CHEESE IN TOWN!**

*Kid's Choice Award too*

**THE BOWL IS BACK!**

**TICKETS AVAILABLE:**  
Visit [Foodnet.org](http://Foodnet.org) • Call 607-266-9553  
Stop by 2422 N. Triphammer Rd  
Ithaca, NY 14850


Advance: \$15 each • \$10 for kids (5-12)  
At the Door: \$20 each • \$15 for kids (5-12)  
4 & Under are FREE



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

2 Cottage Cheese Broccoli Tomato Salad Pineapple Banana	3 Chicken Salad Dilly Chickpeas Raisins Mandarin Oranges	4 Tuna Salad Coleslaw Mixed Fruit Juice	5 Turkey Salad Diced Beets Peaches Banana	6 Egg Salad Ice Box Salad Raisins Mixed Fruit
9 Ham Salad White Bean Salad Pineapple Banana	10 Chicken Salad Baby Carrots Raisins Mandarin Oranges	11 Tuna Salad Buttonwood 3 Bean Salad Mixed Fruit Juice	12 Turkey Salad Carrot Raisin Salad Peaches Banana	13 Egg Salad 3 Bean Salad Raisins Mixed Fruit
16 Cottage Cheese Broccoli Tomato Salad Pineapple Banana	17 Chicken Salad Dilly Chickpeas Raisins Mandarin Oranges	18 Tuna Salad Coleslaw Mixed Fruit Juice	19 Turkey Salad Diced Beets Peaches Banana	20 Egg Salad Ice Box Salad Raisins Mixed Fruit
23 Ham Salad White Bean Salad Pineapple Banana	24 Chicken Salad Baby Carrots Raisins Mandarin Oranges	25 Tuna Salad Buttonwood 3 Bean Salad Mixed Fruit Juice	26 Turkey Salad Carrot Raisin Salad Peaches Banana	27 Egg Salad 3 Bean Salad Raisins Mixed Fruit
30  <b>MEMORIAL DAY</b> <b>NO MEAL DELIVERY</b>	31 Chicken Salad Dilly Chickpeas Raisins Mandarin Oranges	**Menu Subject to change without notice based on availability of foods and supplies.	<b>EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR</b>	



**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?**  
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 MAY**

**MAY 1—MAY DAY**



**MAY 4—FOODNET MAC'N CHEESE BOWL**



**MAY 8—MOTHERS DAY**



**MAY 21—ARMED FORCES DAY**



**MAY 30—MEMORIAL DAY (FOODNET CLOSED)**

