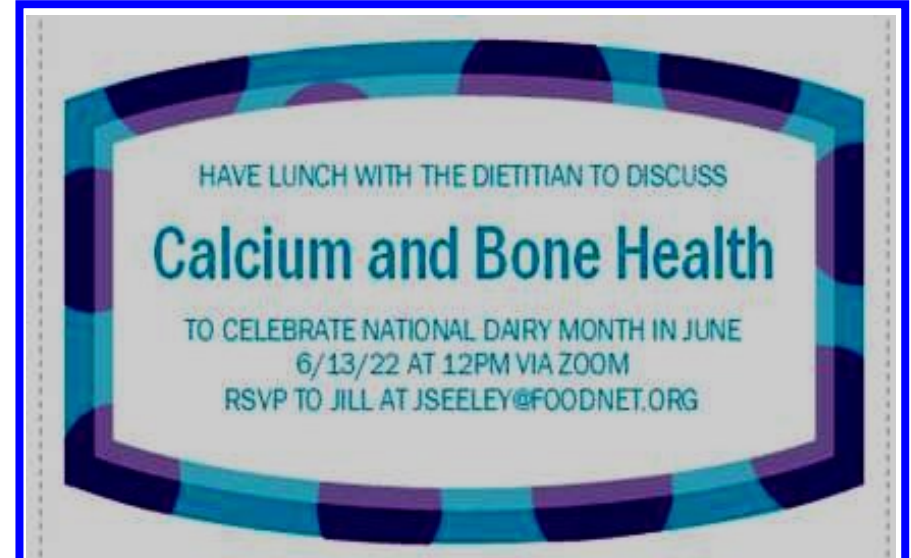




JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE	** All meals served with half pint of milk (2%, Skim, Lactaid)	1 Pork w/ Cider Sauce (Lemon Baked Fish) Brown Rice Broccoli Riviera Blend Veggies Mandarin Oranges	2 Apricot Glazed Chicken w/ Brown Rice (Cheese Strata) Corn Key West Blend Veggies Pineapple	3 Swiss Steak (Macaroni & Cheese) Wheat Pasta Carrots Caribbean Blend Veggies Banana Almond Cookie
6 Turkey Meatloaf w/ Red Pepper Sauce (Vegetable Frittata) Wheat Roll Broccoli Mixed Veggies Mixed Fruit	7 Sweet 'n Sour Pork (Black Bean Taco Bake) Brown Rice Green Beans Stir Fry Blend Veggies Applesauce	8 Balsamic Chicken (Sicilian Cod) Wheat Pasta Cauliflower Riviera Blend Veggies Mandarin Oranges	9 Vegetable Lasagna (Swiss Cheeseburger/Roll) Peas Malibu Blend Veggies Pears	10 BBQ Pulled Pork (Fish Dijon) Wheat Roll Broccoli Key West Blend Veggies Banana Birthday Blondie
13 Beef Paprikash (Sara's Black Bean Casserole) Wheat Pasta Cauliflower Caribbean Blend Veggies. Mixed Fruit	14 Spaghetti w/ Meat Sauce (Tuna Casserole) Carrots Corn Applesauce	15 Ginger Chicken (Fish Mornay) Brown Rice Green Beans Malibu Blend Veggies Mandarin Oranges	16 BBQ Riblet w/ Roll (Macaroni & Cheese) Cooked Greens Key West Blend Veggies Pineapple	17 Chicken Scampi (Honey Mustard Fish) Wheat Pasta Broccoli Riviera Blend Veggies Banana Cherry Blueberry Bar
20 Crispy Baked Chicken (Broccoli Cheese Bake) Wheat Roll Peas Caribbean Blend Veggies. Mixed Fruit	21 Turkey Divan (Fish w/ Dill Mustard Sauce) Brown Rice Broccoli Key West Blend Veggies Applesauce	22 Mushroom Lasagna (Spanish Rice) Green Beans Malibu Blend Veggies Mandarin Oranges	23 Pepper Steak (Fish Dijon) Brown Rice Cauliflower Stir Fry Blend Veggies Pears	24 Alfredo Chicken (Eggplant Parmesan) Wheat Pasta Corn Caribbean Blend Veggies Banana Chocolate Pudding
27 Hamburger Stroganoff (Creamed Cod) Wheat Pasta Peas Key West Blend Veggies Mixed Fruit	28 Mustard Glazed Meatloaf (Spinach Mushroom Cheese Bake) Wheat Roll Green Beans Malibu Blend Veggies Applesauce	29 Pork w/ Cider Sauce (Lemon Baked Fish) Brown Rice Broccoli Riviera Blend Veggies Mandarin Oranges	30 Apricot Glazed Chicken w/ Brown Rice (Cheese Strata) Corn Key West Blend Veggies Pineapple	



June is National Dairy Month. Let's celebrate by discussing the importance dairy has in our diets through the Calcium it provides for our bones and teeth.

RSVP by June 8th to Jill at jseeley@foodnet.org for this Zoom event.




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!

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.

Sandwich Menu

**Menu Subject to change without notice based on availability of foods and supplies.	EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK	1 Tuna Salad Coleslaw Mixed Fruit Juice	2 Turkey Salad Diced Beets Peaches Applesauce	3 Egg Salad Ice Box Salad Raisins Mixed Fruit
6 Ham Salad White Bean Salad Pineapple Grapes	7 Chicken Salad Baby Carrots Raisins Pears	8 Tuna Salad Buttonwood 3 Bean Salad Mixed Fruit Juice	9 Turkey Salad Carrot Raisin Salad Peaches Applesauce	10 Egg Salad 3 Bean Salad Raisins Mixed Fruit
13 Cottage Cheese Broccoli Tomato Salad Pineapple Grapes	14 Chicken Salad Dilly Chickpeas Raisins Pears	15 Tuna Salad Coleslaw Mixed Fruit Juice	16 Turkey Salad Diced Beets Peaches Applesauce	17 Egg Salad Ice Box Salad Raisins Mixed Fruit
20 Ham Salad White Bean Salad Pineapple Grapes	21 Chicken Salad Baby Carrots Raisins Pears	22 Tuna Salad Buttonwood 3 Bean Salad Mixed Fruit Juice	23 Turkey Salad Carrot Raisin Salad Peaches Applesauce	24 Egg Salad 3 Bean Salad Raisins Mixed Fruit
27 Cottage Cheese Broccoli Tomato Salad Pineapple Grapes	28 Chicken Salad Dilly Chickpeas Raisins Pears	29 Tuna Salad Coleslaw Mixed Fruit Juice	30 Turkey Salad Diced Beets Peaches Applesauce	



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 JUNE

JUNE 6—D-DAY (1944)

JUNE 10—MONTHLY BIRTHDAY CELEBRATION

JUNE 14 —FLAG DAY

JUNE 19—JUNETEENTH

JUNE 19—FATHER'S DAY

JUNE 21—SUMMER BEGINS

