



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sweet & Sour Pork (Black Bean Taco Bake) Brown Rice Peas Key West Blend Mixed Fruit	2 Italian Meatloaf (Vegetable Frittata) Whole Wheat Roll Green Beans Malibu Blend Fresh Fruit	3 Ham Salad (Tuna Salad) Penne w/ Mozzarella + Tomato Beet & Onion Salad Lettuce Peaches	4 Chicken Spiedie w/ Roll (Cheese Lasagna) Broccoli Mixed Vegetable Pineapple	5 Beef Paprikash (Fish Mornay) Wheat Pasta Cauliflower Caribbean Blend Banana Lemon Pudding
8 Honey Mustard Chicken w/ Brown Rice (Cheese Strata) Green Beans Malibu Blend Mixed Fruit	9 Spaghetti w/ Meat Sauce (Tuna Noodle Casserole) Carrots Corn Fresh Fruit	10 Chicken Salad (Hard Boiled Egg+ Hummus) Pita Raspberry Marinated Carrots Broccoli Tomato Salad Peaches	11 BBQ Pork Riblet w/ Roll (Macaroni & Cheese) Peas & Onions Riviera Blend Pineapple	12 Orange Chicken Stir Fry (Lemon Baked Fish) Brown Rice Green Beans Stir Fry Blend Banana Cherry Crisp
15 Crispy Baked Chicken (Broccoli Cheese bake) Wheat Roll Peas Caribbean Blend Mixed Fruit	16 Beef + Broccoli (Fish Dijon) Brown Rice Cauliflower Stir Fry Blend Fresh Fruit	17. Chicken Chopped Salad (Tuna Niçoise) Macaroni Salad Marinated Cucumbers Peaches	18 Turkey Spinach Meatloaf (Fish w/ Dill Mustard Sauce) Brown Rice Broccoli Key West Blend Pineapple	19 Swiss Cheeseburger w/Roll (Vegetable Lasagna) Green Beans Malibu Blend Banana Birthday Blondie
22 Honey Glazed Pork (Spinach Mushroom Cheese bake) Whole Wheat Roll Carrots Caribbean Blend Mixed Fruit	23 Swiss Steak (Honey Mustard Fish) Wheat Pasta Peas & Onions Broccoli Fresh Fruit	24 Turkey Salad (Egg Salad) Wheat Roll Beet & Apple Salad Amish Potato Salad Peaches	25 Apricot Chicken (Sara's Black Bean Casserole) Brown Rice Corn Malibu Blend Pineapple	26 Turkey w/ Gravy (Sicilian Cod) Whole Wheat Roll Cooked Greens Roasted Root Vegetables Banana Chocolate Chip Bar
29 Sweet & Sour Pork (Black Bean Taco Bake) Brown Rice Peas Key West Blend Mixed Fruit	30 Italian Meatloaf (Vegetable Frittata) Whole Wheat Roll Green Beans Malibu Blend Fresh Fruit	31 Ham Salad (Tuna Salad) Penne w/ Mozzarella + Tomato Beet & Onion Salad Lettuce Peaches	Due to circumstances beyond our control, the menu may change without notice.	** All meals served with half pint of milk (2%, Skim, Lactaid)

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.

FARMERS MARKET COUPONS ARE COMING!

Don't forget to sign up for the Senior Farmers Market Nutrition Program (SFMNP)! If you are over 60 years old and meet the income requirements below, you are eligible for a booklet of coupons to be used at a participating Farmers Market this summer. Each booklet contains five 5-dollar coupons (totaling 25 dollars!) and are valid until November 30th. You can get one booklet per season, and each qualifying person in your household may receive their own!

Income requirements for the SFMNP:

- 1 person household: \$2096/Month
- 2 person household: \$2823/Month
- 3 person household: \$3551/Month



To receive a coupon booklet, please fill out the Statement of Eligibility Form provided to you from your Foodnet Meals on Wheels Outreach Driver, and return it to them when you are finished. If you have any questions, please call the **Office for the Aging at 607-274-5482**



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

1 Ham Salad White Bean Salad Pineapple Raisins	2 Chicken Salad Mandarin Oranges Grapes Carrots	3 Turkey Salad Fruit Salad Juice Coleslaw	4 Egg Salad Peaches Applesauce Carrot Raisin Salad	5 Tuna Salad Mixed Fruit Pears Ice Box Salad
8 Cottage Cheese White Bean Salad Pineapple Raisins	9 Egg Salad Mandarin Oranges Grapes Dilly Chickpeas	10 Tuna Salad Fruit Salad Juice Coleslaw	11 Turkey Salad Peaches Applesauce Beets	12 Chicken Salad Mixed Fruit Pears Icebox Salad
15 Cottage Cheese Broccoli Tomato Salad Pineapple Raisins	16 Tuna Salad Mandarin Oranges Grapes Beets	17 Turkey Salad Fruit Salad Juice Coleslaw	18 Chicken Salad Peaches Applesauce Carrot Raisin Salad	19 Egg Salad Mixed Fruit Pears Ice Box Salad
22 Ham Salad White Bean Salad Pineapple Raisins	23 Chicken Salad Mandarin Oranges Grapes Carrots	24 Tuna Salad Fruit Salad Juice Coleslaw	25 Cottage Cheese Peaches Applesauce Dilly Chickpeas	26 Egg Salad Mixed Fruit Pears Ice Box Salad
29 Ham Salad White Bean Salad Pineapple Raisins	30 Chicken Salad Mandarin Oranges Grapes Carrots	31 Turkey Salad Fruit Salad Juice Coleslaw	**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

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 AUGUST

AUGUST 3—NATIONAL WATERMELON DAY



AUGUST 4—COAST GUARD DAY

AUGUST 8—NATIONAL CAT DAY



AUGUST 13—LEFT HANDERS' DAY

AUGUST 21—SENIOR CITIZENS DAY

