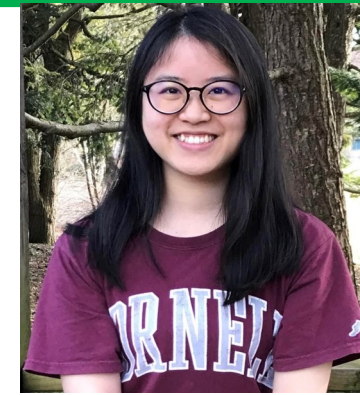




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY LABOR DAY</p>	<p>PLEASE LET US KNOW IF YOU DO NOT WANT A FROZEN MEAL FOR LABOR DAY! WE WILL BE CLOSED AND THERE WILL BE NO DELIVERY!</p>		<p>1 Chicken Spiedie w/ Roll (Cheese Lasagna) Broccoli Mixed Vegetable Pineapple</p>	<p>2 Beef Paprikash (Fish Mornay) Wheat Pasta Cauliflower Caribbean Blend Banana Lemon Pudding</p>
<p>5 Chicken Patty Whole Wheat Roll Green Beans Carrots Fruit Cocktail</p> <p>FOODNET CLOSED FOR LABOR DAY</p>	<p>6 Spaghetti w/ Meat Sauce (Tuna Noodle Casserole) Carrots Corn Pears</p>	<p>7 Chicken Salad (Hard Boiled Egg+ Hummus) Pita Raspberry Marinated Carrots Broccoli Tomato Salad Peaches</p>	<p>8 BBQ Pork Riblet w/ Roll (Macaroni & Cheese) Peas & Onions Riviera Blend Pineapple</p>	<p>9 Orange Chicken Stir Fry (Lemon Baked Fish) Brown Rice Green Beans Stir Fry Blend Banana Cherry Crisp</p>
<p>12 Crispy Baked Chicken (Broccoli Cheese Bake) Wheat Roll Peas Caribbean Blend Fruit Cocktail</p>	<p>13 Beef + Broccoli (Fish Dijon) Brown Rice Cauliflower Stir Fry Blend Pears</p>	<p>14 Chicken Chopped Salad (Tuna Niçoise) Macaroni Salad Marinated Cucumbers Peaches</p>	<p>15 Turkey Spinach Meatloaf (Fish w/ Dill Mustard Sauce) Brown Rice Broccoli Key West Blend Pineapple</p>	<p>16 Swiss Cheeseburger w/Roll (Vegetable Lasagna) Green Beans Malibu Blend Banana Birthday Blondie</p> 
<p>19 Honey Glazed Pork (Spinach Mushroom Cheese Bake) Whole Wheat Roll Carrots Caribbean Blend Fruit Cocktail</p>	<p>20 Swiss Steak (Honey Mustard Fish) Wheat Pasta Peas & Onions Broccoli Pears</p>	<p>21 Turkey Salad (Egg Salad) Wheat Roll Beet & Apple Salad Amish Potato Salad Peaches</p>	<p>22 Apricot Chicken (Sara's Black Bean Casserole) Brown Rice Corn Malibu Blend Pineapple</p>	<p>23 Turkey w/ Gravy (Sicilian Cod) Whole Wheat Roll Cooked Greens Roasted Root Vegetables Banana Chocolate Chip Bar</p>
<p>26 Sweet & Sour Pork (Black Bean Taco Bake) Brown Rice Peas Key West Blend Fruit Cocktail</p>	<p>27 Italian Meatloaf (Vegetable Frittata) Whole Wheat Roll Green Beans Malibu Blend Pears</p>	<p>28 Ham Salad (Tuna Salad) Penne w/ Mozzarella & Tomato Beet & Onion Salad Lettuce Peaches</p>	<p>29 Chicken Spiedie w/ Roll (Cheese Lasagna) Broccoli Mixed Vegetable Pineapple</p>	<p>30 Beef Paprikash (Fish Mornay) Wheat Pasta Cauliflower Caribbean Blend Banana Chocolate Pudding</p>

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.



Introducing Jianxin Huo – Cornell Dietetic Intern at Foodnet Meals on Wheels

Jianxin came from China and has been a Cornellian since 2016. She graduated in 2020 with a Bachelor's degree in Nutrition before earning a Master's degree in Public Health in 2022. During her time at Cornell, Jianxin has worked at Cornell Dining and Cornell Cooperative Extension where she liked doing hands-on work in food service and nutrition education.


In her free time, Jianxin enjoys exploring outdoor trails and capturing the beauty of nature with her phone camera. She also enjoys singing, playing the piano, and figure skating.



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

Due to circumstances beyond our control, the menu may change without notice.		** All meals served with half pint of milk (2%, Skim, Lactaid)	1 Egg Salad Peaches Applesauce Carrot Raisin Salad	2 Tuna Salad Mixed Fruit Pears Ice Box Salad
5 Foodnet Closed for Labor Day 	6 Peanut Butter + Jelly Mandarin Oranges Grapes Dilly Chickpeas	7 Tuna Salad Fruit Cocktail Juice Coleslaw	8 Turkey Salad Peaches Applesauce Beets	9 Chicken Salad Mixed Fruit Pears Icebox Salad
12 Cottage Cheese Broccoli Tomato Salad Pineapple Raisins	13 Tuna Salad Mandarin Oranges Grapes Beets	14 Turkey Salad Fruit Cocktail Juice Coleslaw	15 Chicken Salad Peaches Applesauce Carrot Raisin Salad	16 Egg Salad Mixed Fruit Pears Ice Box Salad
19 Ham Salad White Bean Salad Pineapple Raisins	20 Chicken Salad Mandarin Oranges Grapes Carrots	21 Tuna Salad Fruit Cocktail Juice Coleslaw	22 Cottage Cheese Peaches Applesauce Dilly Chickpeas	23 Egg Salad Mixed Fruit Pears Ice Box Salad
26 Ham Salad White Bean Salad Pineapple Raisins	27 Chicken Salad Mandarin Oranges Grapes Carrots	28 Turkey Salad Fruit Cocktail Juice Coleslaw	29 Egg Salad Peaches Applesauce Carrot Raisin Salad	30 Tuna Salad Mixed Fruit Pears Ice Box Salad

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 SEPTEMBER

- SEPT 5 —LABOR DAY (FOODNET CLOSED)
- SEPT 11—PATRIOT DAY (9/11 MEMORIAL)
- SEPT 11—GRADPARENTS DAY
- SEPT 16—POW/MIA RECOGNITION DAY
- SEPT 21—WORLD ALZHEIMER'S DAY
- SEPT 22—FALL BEGINS
- SEPT 25—ROSH HASHANAH BEGINS
- SEPT 28—WOMEN'S HEALTH & FITNESS DAY