

NOVEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Alfredo Chicken (Eggplant Parmesan w/ Pasta) Brussel Sprouts Diced Beets Mandarin Oranges	2 Beef Patty w/ Onion (Fish Patty) Whole Wheat Roll Corn Greens & Beans Applesauce	3 BBQ Riblet (Broccoli Cheese Bake) Whole Wheat Roll Peas Roasted Root Vegetables Pineapple	4 Chicken Paprikash (Fish Dijon) Brown Rice Broccoli Carrots Banana Apple Crisp
7 White Chicken Chili (Fish w/ Dill Mustard Sauce) Brown Rice Corn Broccoli Mandarin Oranges	8 Roast Pork w/ Gravy (Sara's Black Bean Casserole) Whole Wheat Roll Braised Cabbage Peas Fruit Cocktail	9 Shepherd Pie (Spinach & Cheese Strata) Whole Wheat Roll Brussel Sprouts Butternut Squash Applesauce	10 Hamburger Stroganoff (Creamed Cod) Whole Wheat Noodles Green Beans Harvard Beets Pineapple	11 Chicken Tetrazzini (Baked Ziti) Cauliflower Cooked Greens Banana Chocolate Pudding
14 Chicken Spanish Rice (Cheese Strata) Asparagus Corn Fruit Cocktail	15 Meatloaf w/Red Pepper Sauce (Lemon Baked Fish) Whole Wheat Roll Dilly Potatoes Green Beans Mandarin Oranges	16 Sweet & Sour Pork (Black Bean Taco Bake) Brown Rice Peas Cauliflower Applesauce	17 Apple Cider Glazed Chicken (Vegetable Frittata) Whole Wheat Roll Greens & Beans Carrots Pineapple	18 Beef Patty w/ Gravy (Fish Mornay) Whole Wheat Pasta Broccoli Mixed Vegetable Banana Birthday Brownie 
21 Chicken Cordon Bleu Over Wheat Pasta (Vegetable Lasagna) Peas Diced Beets Fruit Cocktail	22 Chicken Scampi (Western Cheese Bake) Whole Wheat Roll Cooked Greens Mixed Vegetables Mandarin Oranges	23 Spaghetti w/ Meat Sauce (Tuna Noodle Casserole) Carrots Corn Applesauce	24  Turkey w/ Gravy	25 <b>Happy Thanksgiving!</b>  Foodnet will be closed Thursday Nov 24 and Friday Nov 25  Chicken Parmesan
28 Beef Goulash (Macaroni & Cheese) Green Beans Mixed Vegetable Fruit Cocktail	29 Alfredo Chicken (Eggplant Parmesan w/ Pasta) Brussel Sprouts Diced Beets Mandarin Oranges	30 Beef Patty w/ Onion (Fish Patty) Whole Wheat Roll Corn Greens & Beans Applesauce	<b>EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK</b>	<b>Menu Subject to change without notice based on availability of foods and supplies.</b>

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.

**IT IS THAT TIME OF YEAR AGAIN!**



If we can't deliver meals because of weather or another emergency, there will be an announcement on the radio and local television stations and a special message at 607-266-9553. Foodnet Meals on Wheels does not usually cancel deliveries because of weather unless it is severe enough to cause the Ithaca City School District to close because of unsafe road conditions. In certain cases, we may not be able to deliver to your home due to other unforeseen circumstances. If this happens, we will call you to let you know.

Our new and improved Blizzard Boxes will be delivered this month! They include 4 shelf stable meals that you should save for a Foodnet Snow Day!





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



In addition to home delivered meals, Foodnet Meals on Wheels drivers provide safety checks to make sure that you are safe. In other words, we want to see you! Delivery staff will knock or ring your doorbell and wait for your answer. 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 food and supplies.		1 Peanut Butter & Jelly White Bean Salad Pineapple Carrots	2 Chicken Salad Mandarin Orange Pears Diced Beets	3 Tuna Salad Fruit Cocktail Buttonwood Salad Juice	4 Cottage Cheese Peaches Applesauce Carrot Raisin Salad
7 Egg Salad Raisins Dilly Chickpea Banana	8 Ham Salad White Bean Salad Pineapple Carrots	9 Chicken Salad Mandarin Orange Pears Diced Beets	10 Tuna Salad Fruit Cocktail Buttonwood Salad Juice	11 Cottage Cheese Peaches Applesauce Carrot Raisin Salad	
14 Egg Salad Raisins 3 Bean Salad Banana	15 Peanut Butter & Jelly White Bean Salad Pineapple Carrots	16 Chicken Salad Mandarin Orange Pears Diced Beets	17 Tuna Salad Fruit Cocktail Buttonwood Salad Juice	18 Cottage Cheese Peaches Applesauce Carrot Raisin Salad	
21 Egg Salad Raisins Dilly Chickpea Banana	22 Ham Salad White Bean Salad Pineapple Carrots	23 Chicken Salad Mandarin Orange Pears Diced Beets	24 	25 	
28 Peanut Butter & Jelly Raisins 3 Bean Salad Banana	29 Tuna Salad White Bean Salad Pineapple Carrots	30 Chicken Salad Mandarin Orange Pears Diced Beets	<b>Bread Delivery for the sandwich meals occurs every other week. Please keep your loaf of bread in your fridge to maintain freshness .</b>		

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.

## NEED TO REHEAT YOUR MEAL? FOLLOW THESE INSTRUCTIONS.

**Conventional Oven:** Preheat oven to 350 degrees. Remove lid completely from meal. Place container of food directly on the oven rack or on a cookie sheet. Cook for 10 minutes. Using potholders, carefully remove meal from oven.



**Microwave Oven:** Remove lid completely or cut slits in each compartment to vent. Heat meal for 3-5 minutes on high. Each microwave is different so be sure to check the food to make sure it is hot. Carefully remove meal from microwave.



If you do not eat your meal when it is delivered, refrigerate it immediately and use within 2 days. You may also freeze and use it within a month.

## 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.

## NOTABLE DATES OF NOVEMBER

**NOV 6-DAYLIGHT SAVINGS TIME ENDS (FALL BACK)**

**NOV 8-ELECTION DAY**

**NOV 10-MARINE CORP BIRTHDAY**

**NOV 11-VETERANS DAY**

**NOV 24-THANKSGIVING DAY**

