


DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK</p>	<p>Menu Subject to change without notice based on availability of foods and supplies.</p>		<p>1 BBQ Riblet (Broccoli Cheese Bake) Whole Wheat Roll Peas Roasted Root Vegetables Pineapple</p>	<p>2 Chicken Paprikash (Fish Dijon) Brown Rice Broccoli Carrots Banana Apple Crisp</p>
<p>5 White Chicken Chili (Fish w/ Dill Mustard Sauce) Brown Rice Corn Broccoli Mandarin Oranges</p>	<p>6 Roast Pork w/ Gravy (Sara's Black Bean Casserole) Whole Wheat Roll Braised Cabbage Peas Fruit Cocktail</p>	<p>7 Shepherd Pie (Spinach & Cheese Strata) Whole Wheat Roll Brussel Sprouts Butternut Squash Applesauce</p>	<p>8 Hamburger Stroganoff (Creamed Cod) Whole Wheat Noodles Green Beans Harvard Beets Pineapple</p>	<p>9 Chicken Tetrizzini (Baked Ziti) Cauliflower Cooked Greens Banana Chocolate Pudding</p>
<p>12 Chicken Spanish Rice (Cheese Strata) Asparagus Corn Fruit Cocktail</p>	<p>13 Meatloaf w/Red Pepper Sauce (Lemon Baked Fish) Whole Wheat Roll Dilly Potatoes Green Beans Mandarin Oranges</p>	<p>14 Sweet & Sour Pork (Black Bean Taco Bake) Brown Rice Peas Cauliflower Applesauce</p>	<p>15 Apple Cider Glazed Chicken (Vegetable Frittata) Whole Wheat Pita Greens & Beans Carrots Pineapple</p>	<p>16 Beef Patty w/ Gravy (Fish Mornay) Whole Wheat Pasta Broccoli Mixed Vegetable Banana Birthday Brownie</p>
<p>19 Chicken Cordon Bleu Over Wheat Pasta (Vegetable Lasagna) Peas Diced Beets Fruit Cocktail</p>	<p>20 Chicken Scampi (Western Cheese Bake) Whole Wheat Roll Cooked Greens Mixed Vegetables Mandarin Oranges</p>	<p>21 Spaghetti w/ Meat Sauce (Tuna Noodle Casserole) Carrots Corn Applesauce</p>	<p>22 Beef Chili (Honey Mustard Fish) Whole wheat Pasta Asparagus Herb Roasted Potatoes Pineapple</p>	<p>23</p>  <p>Macaroni & Cheese</p>
<p>26</p>  <p>Salisbury Steak w/Gravy</p>	<p>27 Alfredo Chicken (Eggplant Parmesan w/ Pasta) Brussel Sprouts Diced Beets Mandarin Oranges</p>	<p>28 Beef Patty w/ Onion (Fish Patty) Whole Wheat Roll Corn Greens & Beans Applesauce</p>	<p>29 BBQ Riblet (Broccoli Cheese Bake) Whole Wheat Roll Peas Roasted Root Vegetables Pineapple</p>	<p>30 Chicken Paprikash (Fish Dijon) Brown Rice Broccoli Carrots Banana Apple Crisp</p>

MINDFUL EATING & PORTION CONTROL

Looking forward to your holiday meals? Studies have suggested that we tend to eat more during the holiday season, especially giving in to our cravings for comfort foods. If you are concerned about the "holiday weight gain", practicing mindful eating and portion control could be helpful.

Eating mindfully means using your physical and emotional senses to experience the food, including listening to you internal hunger and fullness cues. It promotes better overall eating habits as you pay more attention to healthy eating intentions. With mindful eating, you're encouraged to eat more slowly and chew your foods thoroughly, which could also help with better digestion. Add in proper portion control and you will be less likely to overeat while achieving greater satisfaction through smaller portions.

Follow this month's nutrition education flyer to challenge yourself with some mindful eating and portion control practices!





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

This menu has been approved by
Jill Seeley, MSRD

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!

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

<p>**Menu Subject to change without notice based on availability of food and supplies.</p>		<p>Bread Delivery for the sandwich meals occurs every other week. Please keep your loaf of bread in your fridge to maintain freshness .</p>		<p>1 Tuna Salad Fruit Cocktail Buttonwood Salad Juice</p>	<p>2 Cottage Cheese Peaches Applesauce Carrot Raisin Salad</p>
<p>5 Egg Salad Raisins Dilly Chickpea Banana</p>	<p>6 Ham Salad White Bean Salad Pineapple Carrots</p>	<p>7 Chicken Salad Mandarin Orange Pears Diced Beets</p>	<p>8 Tuna Salad Fruit Cocktail Buttonwood Salad Juice</p>	<p>9 Cottage Cheese Peaches Applesauce Carrot Raisin Salad</p>	
<p>12 Egg Salad Raisins 3 Bean Salad Banana</p>	<p>13 Peanut Butter & Jelly White Bean Salad Pineapple Carrots</p>	<p>14 Chicken Salad Mandarin Orange Pears Diced Beets</p>	<p>15 Tuna Salad Fruit Cocktail Buttonwood Salad Juice</p>	<p>16 Cottage Cheese Peaches Applesauce Carrot Raisin Salad</p>	
<p>19 Egg Salad Raisins Dilly Chickpea Banana</p>	<p>20 Ham Salad White Bean Salad Pineapple Carrots</p>	<p>21 Chicken Salad Mandarin Orange Pears Diced Beets</p>	<p>22 Tuna Salad Fruit Cocktail Buttonwood Salad Juice</p>	<p>23 FOODNET CLOSED FOR HOLIDAY </p>	
<p>26 FOODNET CLOSED FOR HOLIDAY </p>	<p>27 Peanut Butter & Jelly White Bean Salad Pineapple Carrots</p>	<p>28 Chicken Salad Mandarin Orange Pears Diced Beets</p>	<p>29 Tuna Salad Fruit Cocktail Buttonwood Salad Juice</p>	<p>30 Cottage Cheese Peaches Applesauce Carrot Raisin Salad</p>	

**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.



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.

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 DECEMBER

DEC 7—PEARL HARBOR DAY 

DEC 18 TO DEC 26—HANUKKAH 

DEC 21—WINTER SOLSTICE 

DEC 25—CHRISTMAS DAY 

DEC 26—KWANZAA

DEC 31—NEW YEAR'S EVE  