

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE</p>		<p>EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK</p>		<p>1 Chicken Salad Cold Plate (Egg Salad Cold Plate) Penne w/ Mozzarella & Tomato Ice Box Salad Creamy Cucumbers Peaches</p>
<p>4 Labor Day: Foodnet Closed</p> <p>HAPPY LABOR DAY</p>	<p>5 BBQ Riblet w/ Roll (Mushroom Lasagna) Green Beans Corn Pineapple</p>	<p>6 Beef Paprikash (Sara's Black Bean Casserole) Wheat Pasta Broccoli Peas & Carrots Applesauce</p>	<p>7 Apricot Glazed Chicken (Lemon Baked Fish) Brown Rice Asparagus Cauliflower Peaches Berry Crisp</p>	<p>9 Turkey Salad Cold Plate (Tuna Salad Cold Plate) Creamy Pesto Pasta Salad Carrot Raisin Salad Diced Beets Tropical Fruit</p>
<p>11 Honey Glazed Pork (Spinach Mushroom Cheese Bake) Wheat Roll Herb Roasted Potatoes Brussel Sprouts Mandarin Oranges</p>	<p>12 Spaghetti w/ Meat Sauce (Vegetable Lasagna) Carrots Peas Peaches</p>	<p>13 Honey Mustard Chicken (Creamed Cod) Wheat Pasta Braised Cabbage Cauliflower Pears</p>	<p>14 Hamburger Stroganoff (Fish Dijon) Wheat Pasta Green Beans Corn Pineapple Oatmeal Raisin Cookie</p> 	<p>15 Chicken Chopped Salad Cold Plate (Tuna Niçoise Cold Plate) Macaroni Salad Roasted Cauliflower Salad Applesauce</p>
<p>18 Chicken Scampi (Honey Mustard Fish) Wheat Pasta Butternut Squash Peas & Pearl Onions Tropical Fruit</p>	<p>19 Swiss Cheeseburger (Broccoli Cheese Bake) Wheat Roll Green Beans Dilly Potatoes Pears</p>	<p>20 Spanish Rice (Macaroni & Cheese) Broccoli Asparagus Pineapple</p>	<p>21 Chicken Spiedies (Fish Mornay) Wheat Roll Tomato & Zucchini Brussel Sprouts Mandarin Oranges Chocolate Chip Cookie</p>	<p>22 Cottage Cheese Cold Plate (Hummus Cold Plate) Wheat Roll Beet & Apple Salad Broccoli & Tomato Salad Peaches</p>
<p>25 Beef Patty w/ Peppers & Onions (Fish Patty) Wheat Roll Green Beans Carrots Pears</p>	<p>26 Hunter's Chicken over Wheat Pasta (Pasta Fagioli Casserole) Mixed Vegetables Brussel Sprouts Peaches</p>	<p>27 Mustard Glazed Meatloaf (Vegetable Frittata) Wheat Roll Peas Cauliflower Mandarin Oranges</p>	<p>28 Sweet & Sour Beef (Ginger Fish) Brown Rice Broccoli Carrots Applesauce Peanut Butter Cookie</p>	<p>29 Chicken Salad Cold Plate (Egg Salad Cold Plate) Penne w/ Mozzarella & Tomato Ice Box Salad Creamy Cucumbers Peaches</p>

Breakfast: Is it the Most Important Meal of the Day?

If you were going on a road trip, would you start your journey on an empty gas tank? Of course not! The same thing can be said about the start of your day. Eating breakfast within 2 hours of waking up sets yourself up for a better day. It can help reduce 'brain fog' and help stabilize blood sugars. Breakfast can also help with weight management as it has been linked to decreased snacking later on in the day!

Foodnet Meals on Wheels provides a minimum of 33-66% of your daily nutritional needs*. Eating a balanced breakfast can provide the rest. The term 'balanced breakfast' refers to a meal that includes a variety of food groups such as carbohydrates, protein, dairy, and fruit/vegetables. Be on the lookout for this month's nutrition education flyer for some breakfast ideas.

What are some of your favorite ways to fuel up in the morning?



*depending on your meal service plan

This menu has been approved by
Jill Seeley, MSRD

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.





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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.

September Sandwich Menu

		Bread Delivery for the sandwich meals occurs every other week. Please keep your loaf of bread in your fridge to maintain freshness. 			1 Tuna Salad Diced Beets Carrots Banana
		4 FOODNET CLOSED IN OBSERVANCE OF LABOR DAY	5 Cottage Cheese Roasted Cauliflower Salad Mandarin Oranges Juice	6 Tuna Salad Creamy Coleslaw Diced Beets Tropical Fruit	7 Egg Salad Greek Chickpea Salad Applesauce Pears
11 Cottage Cheese Raspberry Marinated Carrots Peaches Raisins	12 Tuna Salad Ice Box Salad Applesauce Tropical Fruit	13 Peanut Butter & Jelly Three Bean Salad Pineapple Raisins	14 Turkey Salad Dilly Chickpeas Mandarin Oranges Juice	16 Egg Salad Diced Beets Carrots Banana	
18 Peanut Butter & Jelly Beet & Onion Salad Peaches Raisins	19 Cottage Cheese Roasted Cauliflower Salad Mandarin Oranges Juice	20 Tuna Salad Creamy Coleslaw Beets Tropical Fruit	21 Egg Salad Greek Chickpea Salad Applesauce Pears	22 Chicken Salad Carrots Banana Pineapple	
25 Egg Salad Three Bean Salad Peaches Raisins	26 Tuna Salad Ice Box Salad Diced Beets Pineapple	27 Peanut Butter & Jelly Three Bean Salad Tropical Fruit Raisins	28 Turkey Salad Dilly Chickpeas Mandarin Oranges Juice	29 Tuna Salad Diced Beets Carrots Banana	

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 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:

- \$10 per hot meal per day — (\$50 per week)
- \$11.80 for hot & sandwich meals per day (\$59.00 per week)
- \$15.60 for two frozen meals for two day weekend (7.80 per day)



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 IN SEPTEMBER


Sept 4—Labor Day (Foodnet closed) 

Sept 10—Grandparents Day

Sept 11—Patriot Day

Sept 15—Rosh Hashana begins

Sept 19—Talk Like a Pirate Day 

Sept 23—Autumn Begins 

Sept 24—Yom Kippur Begins