

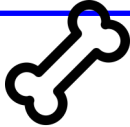
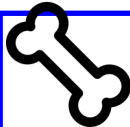



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Beef Stew (Honey Mustard Fish) Brown Rice Cauliflower Peas & Pearl Onions Mandarin Oranges	3 BBQ Riblet (Broccoli Cheese Bake) Wheat Roll Herb Roasted Potatoes Asparagus Pears	4 Spaghetti w/ Meat Sauce (Vegetable Lasagna) Brussel Sprouts Mixed Vegetables Peaches	5 Roast Turkey w/ Gravy (Ginger Fish) Wheat Roll Green Beans Corn Banana
8 Beef Patty w/ Gravy (Fish & Spinach Bake) Wheat Penne Peas Orange Glazed Beets Tropical Fruit	9 Chicken Alfredo (Veggie Supreme Pasta) Brussel Sprouts Corn Peaches	10 Mustard Glazed Meatloaf w/ Wheat Roll (Cheese Strata) Broccoli Roasted Sweet Potatoes Banana	11 Italian Sausage w/ Peppers & Onions (Sara's Black Bean Casserole) Wheat Roll Green Beans Braised Cabbage Mandarin Oranges	12 Chicken Scampi (Fish Mornay) Wheat Penne Asparagus Carrots Banana Peanut Butter Cookie
15  CHICKEN PATTY	16 Swiss Cheeseburger (Spinach Mushroom Cheese Bake) Wheat Roll Broccoli Dilly Potatoes Mandarin Oranges	17 Chicken Parmesan (Creamed Cod) Wheat Penne Greens & Beans Corn Pears	18 Beef Goulash (Butternut Squash Lasagna) Brussel Sprouts Peas Peaches	19 Honey Glazed Pork (Dill Mustard Fish) Cauliflower Green Beans Banana Chocolate Pudding
22 Crispy Baked Chicken (Tuna Melt) Wheat Roll Asparagus Butternut Squash Tropical Fruit	23 Turkey Spinach Meatloaf (Vegetable Frittata) Wheat Roll Harvard Beets Mixed Vegetables Peaches	24 Sweet & Sour Beef (Fish Dijon) Brown Rice Broccoli Peas & Pearl Onions Banana	25 Chicken Cordon Bleu (Macaroni & Cheese) Green Beans Carrots Mandarin Oranges	26 Salisbury Steak (Lemon Baked Fish) Cooked Greens Corn Banana Brownie 
29 Chicken Paprikash (Eggplant Parmesan) Wheat Penne Broccoli Carrots Pears	30 Beef Stew (Honey Mustard Fish) Brown Rice Cauliflower Peas & Pearl Onions Mandarin Oranges	31 BBQ Riblet (Broccoli Cheese Bake) Wheat Roll Herb Roasted Potatoes Asparagus Banana	<div>This menu has been approved by Jill Seeley, MSRD</div>	CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE

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.








BONE HEALTH

Our body is made up of 206 bones. As we age, the importance of bone health grows due to a natural decline in bone density. What could this mean? Lower bone density is linked to higher risk of falls and higher risk of fracture should a fall occur. Here are some steps you can take with your nutrition to help strengthen your bones and promote good bone health.



1. Get enough Vitamin D, which is found in eggs, dairy, fatty fish. Sunlight can help, too!
2. Calcium is also important. Most commonly, Calcium is found in dairy, but it is also found in fortified cereals, leafy green vegetables and broccoli.
3. Include protein in every meal (meat, fish, poultry, dairy, nuts/nut butters, legumes).




United Way of Tompkins County


FOODNET
MEALS ON WHEELS

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


**NEED HELP WITH
YARD WORK/SNOW REMOVAL?**

The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work and snow removal for seniors on either a paid or volunteer basis.

Contact the Office for Aging at 607-274-5482 for more details.


AGING BETTER TOGETHER

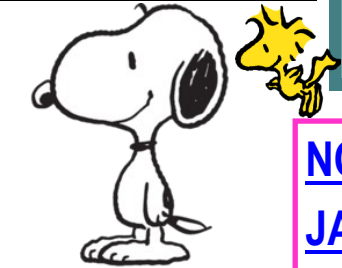
January Sandwich Menu

1 FOODNET CLOSED 	2 Peanut Butter & Jelly Ice Box Salad Raisins Pears	3 Tuna Salad Buttonwood Salad Tropical Fruit Juice	4 Chicken Salad Carrot Raisin Salad Applesauce Pears	5 Egg Salad Diced Beets Mandarin Oranges Pineapple
8 Cottage Cheese Roasted Cauliflower Salad Peaches Juice	9 Tuna Salad Broccoli & Tomato Salad Applesauce Carrots	10 Chicken Salad Greek Chickpea Salad Pineapple Raisins	11 Egg Salad Three Bean Salad Tropical Fruit Fresh Fruit	12 Turkey Salad Coleslaw Pears Peaches
15 	16 Peanut Butter & Jelly Ice Box Salad Raisins Pears	17 Tuna Salad Buttonwood Salad Tropical Fruit Juice	18 Chicken Salad Carrot Raisin Salad Applesauce Pears	19 Egg Salad Diced Beets Mandarin Oranges Pineapple
22 Cottage Cheese Roasted Cauliflower Salad Pineapple Juice	23 Tuna Salad Broccoli & Tomato Salad Applesauce Carrots	24 Chicken Salad Greek Chickpea Salad Pineapple Raisins	25 Egg Salad Three Bean Salad Tropical Fruit Fresh Fruit	26 Turkey Salad Coleslaw Pears Peaches
29 Egg Salad Diced Beets Mandarin Oranges Pineapple	30 Cottage Cheese Ice Box Salad Raisins Pears	31 Tuna Salad Buttonwood Salad Tropical Fruit Juice	Bread Delivery for the sandwich meals occurs every other week. Please keep your loaf of bread in your fridge to maintain freshness. 	

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)
- (\$74.60 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.

WINTER WEATHER CLOSURES

Foodnet Meals on Wheels tries to complete all deliveries to our clients in all types of weather. Unfortunately, due to inclement conditions, we are not always able to. Foodnet Meals on Wheels will be closed when Ithaca City School District is closed due to inclement weather. Foodnet will also be closed if Ithaca Schools are on a delay for opening. The closures will be announced on local radio and television stations. Our phone will have an announcement that we are closed (607-266-9553), as well.

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.

NOTABLE DATES IN JANUARY

JAN 1—NEW YEAR’S DAY

JAN 4 —NATIONAL SPAGHETTI DAY

JAN 15-MARTIN LUTHER KING DAY

