

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> Hamburger Stroganoff Over Penne (Macaroni & Cheese) Butternut Squash Mixed Vegetables Pineapple	<b>2</b> Chicken Spiedies (Fish Patty) Wheat Roll Beans & Greens Corn Mandarin Oranges	<b>3</b> Ham Strata (Cheese Lasagna) Harvard Beets Peas Banana	<b>4</b> Meatloaf w/ Red Pepper Sauce (Spinach Mushroom Cheese Bake) Broccoli Herb Roasted Potato Wheat Roll	<b>5</b> Balsamic Chicken (Sicilian Cod) Wheat Roll Green Beans Cauliflower Banana Chocolate Chip Bar	
<b>8</b> Barbecue Chicken (Tuna Melt) Wheat Roll Brussel Sprouts Tomato & Zucchini Pears	<b>9</b> Turkey Bolognese (Eggplant Parmesan) Wheat Penne Green Beans Mixed Vegetables Peaches	<b>10</b> Beef Patty w/ Gravy (Honey Mustard Fish) Brown Rice Cauliflower Carrots Banana	<b>11</b> Chicken Parmesan over Penne (Butternut Squash Lasagna) Beans & Greens Corn Tropical Fruit	<b>12</b> Sweet & Sour Pork (Lemon Baked Fish) Brown Rice Broccoli Peas & Pearl Onions Banana Fruited Gelatin	
<b>15</b> Spaghetti w/ Meat Sauce (Vegetable Lasagna) Butternut Squash Cauliflower Pineapple	<b>16</b> Apricot Glazed Chicken (Fish Dijon) Brown Rice Green beans Dilly Potatoes Mandarin Oranges	<b>17</b> Barbecue Riblet (Vegetable Frittata) Wheat Roll Asparagus Corn Banana	<b>18</b> Turkey Meatloaf (Sara's Black Bean Casserole) Brown Rice Orange Glazed Beets Brussel Sprouts Peaches	<b>19</b> Swiss Cheeseburger (Dill Mustard Fish) Wheat Roll Broccoli Carrots Banana Brownie	
<b>22</b> Italian Sausage w/ Peppers & Onions (Mushroom Lasagna) Braised Cabbage Peas Pears	<b>23</b> Turkey w/ Gravy (Fish & Spinach Bake) Brown Rice Broccoli Corn Peaches	<b>24</b> Sloppy Joe (Broccoli Cheese Bake) Wheat Roll Roasted Sweet Potatoes Green Beans Banana	<b>25</b> Chicken Stew Over Brown Rice (Supreme Pizza Pasta) Carrots Peas & Pearl Onions Tropical Fruit	<b>26</b> Beef Goulash (Tuna Noodle Casserole) Cooked Greens Mixed Vegetables Banana Berry Crisp	
<b>29</b> Hamburger Stroganoff Over Penne (Macaroni & Cheese) Butternut Squash Mixed Vegetables Pineapple	<b>30</b> Chicken Spiedies (Fish Patty) Wheat Roll Beans & Greens Corn Mandarin Oranges	<b>EACH MEAL INCLUDES 2%, SKIM, OR LACTAID MILK</b>		<div style="border: 2px solid black; padding: 5px; text-align: center;">             This menu has been approved by Jill Seeley, MSRD           </div>	<b>CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE</b>

**April is Earth Month.**



Join us in celebrating by incorporating healthy practices that keep the environment in mind.

1. Reduce Food Waste: In 2023, approximately 40% of the entire food supply in the United States goes to waste, which is about 352 pounds of food wasted per person. Be mindful of the items that are about to perish in your refrigerator or freezer, and take the necessary time to plan shopping trips so you only buy what you will realistically consume.
2. Incorporate more plant-based meals: Even by having 1 meatless meal per week you can reduce your carbon footprint because of the energy and resources required to produce animal products. Foodnet offers a meatless option every day and we invite you to try one!
3. Buy foods in season and local if you have the opportunity to do so. Local fruits and vegetables often cost less and taste better than ones grown elsewhere. This reduces the amount of time and energy it takes to ship and store your produce before you buy it, and you get to support local business.
4. Remember to recycle! Rinse out the container your hot meal comes in and place in your recycling bin along with the paper bags you receive from us.



**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?**

The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work and for seniors on either a paid or volunteer basis. Contact the Office for Aging at 607-274-5482 for more details.



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.

# APRIL Sandwich Menu

<b>1</b> Egg Salad Greek Chickpea Salad Applesauce Tropical Fruit	<b>2</b> Tuna Salad Creamy Coleslaw Pears Baby Carrots	<b>3</b> Cottage Cheese Cauliflower Salad Peaches Juice	<b>4</b> Chicken Salad White Bean Salad Mandarin Oranges Pineapple	<b>5</b> Turkey Salad Corn Salad Tropical Fruit Fresh Fruit
<b>8</b> Cottage Cheese Raspberry Marinated Carrots Peaches Juice	<b>9</b> Egg Salad Dilly Chickpeas Tropical Fruit Applesauce	<b>10</b> Turkey Salad Ice Box Salad Mandarin Oranges Raisins	<b>11</b> Tuna Salad 4 Bean Salad Pears Fresh Fruit	<b>12</b> Chicken Salad Baby Carrots Beet & Apple Salad Pineapple
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## NOTABLE DATES IN APRIL

- APRIL 1—APRIL FOOLS DAY
- APRIL 8—TOTAL SOLAR ECLIPSE
- APRIL 9—EID-AL-FITR
- APRIL 15—TAX DAY
- APRIL 22—EARTH DAY
- APRIL 23—PASSOVER BEGINS
- APRIL 23—ARBOR DAY



### 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.

Foodnet Meals on Wheels food and nutrition programs, and the Home Delivered Meals are funded in part by the US Department of Health and Human Services and the Administration for Community Living, the New York State Office for the Aging, Tompkins County Office for the Aging and generous support from foundations, corporations, and individual donors. Please put your confidential contribution into the envelope provided. Envelopes are collected by your driver or can be mailed to Foodnet Meals on Wheels at 2422 N Triphammer Road, Ithaca, NY 14850. If you have any questions, call our office at 607-266-9553.

We accept cash, checks, VISA, Master Card, Discover, 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)



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.