



MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; background-color: #d4edda; padding: 5px; margin-bottom: 10px;"> This menu has been approved by Jill Seeley, MSRD </div>	<div style="background-color: #d1ecf1; padding: 5px; margin-bottom: 10px;"> **Menu Subject to change without notice based on availability of food and supplies. </div> <div style="border: 1px solid purple; padding: 5px; margin-bottom: 10px;"> All meals served with milk (2%, Skim, Lactaid) </div>			
6 Barbecue Chicken (Tuna Melt) Wheat Roll Brussel Sprouts Tomato & Zucchini Pears	7 Turkey Bolognese (Eggplant Parmesan) Wheat Penne Green Beans Mixed Vegetables Peaches	8 Beef Patty w/ Gravy (Honey Mustard Fish) Brown Rice Cauliflower Carrots Banana	9 Chicken Parmesan over Penne (Butternut Squash Lasagna) Beans & Greens Corn Tropical Fruit	10 Sweet & Sour Pork (Lemon Baked Fish) Brown Rice Broccoli Peas & Pearl Onions Banana Fruited Gelatin
13 Spaghetti w/ Meat Sauce (Vegetable Lasagna) Butternut Squash Cauliflower Pineapple	14 Apricot Glazed Chicken (Fish Dijon) Brown Rice Green beans Dilly Potatoes Mandarin Oranges	15 Barbecue Riblet (Vegetable Frittata) Wheat Roll Asparagus Corn Banana	16 Turkey Meatloaf (Sara's Black Bean Casserole) Brown Rice Orange Glazed Beets Brussel Sprouts Peaches	17 Swiss Cheeseburger (Dill Mustard Fish) Wheat Roll Broccoli Carrots Banana Brownie
20 Italian Sausage w/ Peppers & Onions (Mushroom Lasagna) Braised Cabbage Peas Pears	21 Turkey w/ Gravy (Fish & Spinach Bake) Brown Rice Broccoli Corn Peaches	22 Sloppy Joe (Broccoli Cheese Bake) Wheat Roll Roasted Sweet Potatoes Green Beans Banana	23 Chicken Stew Over Brown Rice (Supreme Pizza Pasta) Carrots Peas & Pearl Onions Tropical Fruit	24 Beef Goulash (Tuna Noodle Casserole) Cooked Greens Mixed Vegetables Banana Berry Crisp
27 Foodnet Closed for Memorial Day  Chicken Patty w/ Roll	28 Chicken Spiedies (Fish Patty) Wheat Roll Beans & Greens Corn Mandarin Oranges	29 Ham Strata (Cheese Lasagna) Harvard Beets Peas Banana	30 Meatloaf w/ Red Pepper Sauce (Spinach Mushroom Cheese Bake) Broccoli Herb Roasted Potato Wheat Roll Peaches	31 Balsamic Chicken (Sicilian Cod) Wheat Roll Green Beans, Cauliflower Banana Chocolate Chip Bar

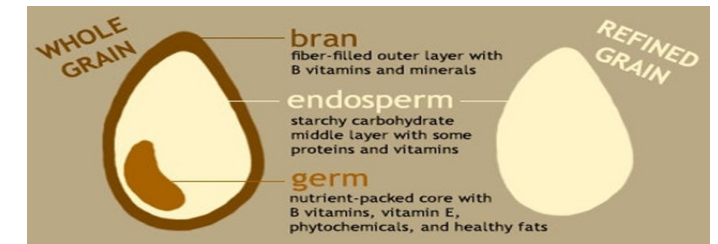
Whole Grain versus Refined Grain

You likely have heard the recommendation to make at least half of the grains you eat during the day 'Whole', but what does that mean?

During the milling process of grains, the bran and germ gets stripped away of the grain kernel, resulting in the white flour we see in many breads and baked goods. This process takes away most of the B vitamins, nearly all of the vitamin E, and a lot of the fiber.

When you choose a product made with whole grains, you are choosing a product where all 3 parts of the grain kernel remain. Therefore, you are choosing a food item with more vitamins, minerals, and nutrients when compared to a refined choice. The extra fiber helps you maintain bowel regularity, increases satiety, and helps to decrease risk for heart disease. The B-vitamins and Vitamin E help with various bodily functions such as creating new cells, regulate the thyroid, and help your immune system.

Popular Whole Grain Options: Whole Wheat, Oatmeal, Brown Rice, Wild Rice, Popcorn, Quinoa, Buckwheat, Bulgar, Barley, Amaranth. What is your favorite way to include whole grains in your day?



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.



Bread Delivery for the sandwich meals occurs every other week. Please keep your loaf of bread in your fridge to maintain freshness.

		1 Cottage Cheese Roasted Cauliflower Salad Peaches	2 Chicken Salad White Bean Salad Mandarin Oranges Pineapple	3 Turkey Salad Corn Salad Tropical Fruit Fresh Fruit
6 Cottage Cheese Raspberry Marinat- ed Carrots Peaches Juice	7 Egg Salad Dilly Chickpeas Tropical Fruit Applesauce	8 Turkey Salad Ice Box Salad Mandarin Oranges Raisins	9 Tuna Salad 4 Bean Salad Pears Fresh Fruit	10 Chicken Salad Baby Carrots Beet & Apple Salad Pineapple
13 Egg Salad Greek Chickpea Salad Applesauce Tropical Fruit	14 Tuna Salad Creamy Coleslaw Pears Baby Carrots	15 Cottage Cheese Roasted Cauliflower Salad Peaches Juice	16 Chicken Salad White Bean Salad Mandarin Oranges Pineapple	17 Turkey Salad Corn Salad Tropical Fruit Fresh Apple
20 Cottage Cheese Raspberry Marinat- ed Carrots Peaches Juice	21 Egg Salad Dilly Chickpeas Tropical Fruit Applesauce	22 Turkey Salad Ice Box Salad Mandarin Oranges Raisins	23 Tuna Salad 4 Bean Salad Pears Fresh Fruit	24 Chicken Salad Baby Carrots Beet & Apple Salad Pineapple
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NOTABLE DATES IN MAY

MAY 1--FOODNET MAC 'N CHEESE BOWL

MAY 1-MAY DAY

MAY 5-CINCO DE MAYO 

MAY 12-MOTHER'S DAY 


MAY 18-ARMED FORCES DAY

MAY 27-MEMORIAL DAY 

(FOODNET CLOSED)

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.