


# May 2012 MENU

MEALS ON WHEELS OF WESTERN BROOME  
705 WEST MAIN STREET  
ENDICOTT, NY 13760  
607.754.7856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	<b>1 Meatloaf Mashed Potatoes Gravy Broccoli</b>	<b>2 Lasagna Garlic Bread Green Beans</b>	<b>3 Breaded Chicken Quarters Cream Corn Wax Beans</b>	<b>4 Macaroni &amp; Cheese Cauliflower</b>
<b>7 Cheeseburgers French Fries Peas</b>	<b>8 Turkey Stuffing Divan Diced Carrots</b>	<b>9 Spaghetti &amp; Meatballs Beets</b>	<b>10 Sliced Roast Beef Scalloped Potatoes Lima Beans</b>	<b>11 Battered Haddock Rice Pilaf Green Beans</b>
<b>14 Sloppy Joe's on a Bun Cauliflower</b>	<b>15 Chicken with Gravy over Mashed Potatoes Broccoli</b>	<b>16 Beef Stroganoff Sweet &amp; Sour Cabbage</b>	<b>17 Pulled Pork Sandwich Brussel Sprouts</b>	<b>18 Lemon Pepper Pollock Boiled Potatoes Spinach</b>
<b>21 Phil's Chicken Mashed Potatoes Gravy Italian Green Beans</b>	<b>22 Tuna Patty Wild Rice Key Largo Blend</b>	<b>23 Sliced Roasted Turkey Yams Peas &amp; Carrots</b>	<b>24 Spanish Rice Wax Beans</b>	<b>25 Macaroni &amp; Cheese Tomato &amp; Zucchini</b>
<b>28 Salisbury Steak Stuffing Beets</b>	<b>29 Cheese Ravioli Garlic Bread Baby Carrots</b>	<b>30 Ham Steaks Pineapple Sauce Corn Bread Winter Squash</b>	<b>31 Stuffed Pepper Casserole Broccoli &amp; Cauliflower</b>	

**How Meals on Wheels can help you:** Meals on Wheels can connect you to other services that are available that may help you. Sometimes we think we don't need any help. But sometimes a little help would make our daily lives a little easier. An example would be: a problem understanding or following doctor's orders for your diet. You can talk to a nutrition counselor from the Office for Aging. 778-2411..... Another example would be if there is someone in your family threatens you or makes you feel uncomfortable in your own home. You can call Adult Protective Services at 778-2635. We have a list of services for seniors that can help you. Please call and let us help. 754-7856.

**The Feinstein Foundation \$Million Give-away:** Donations from clients totaled almost \$700 for March and April. Thank you – no matter how little – your donation counts toward the \$20,000 goal. Donations help to subsidize the cost of meals. The fee charged is about half of what it cost to produce and deliver meals. Donations total \$21,161.15 as of 4/24/2012.

Thank you for sending your notes of appreciation for the volunteers who deliver meals. Last week was National Volunteer Appreciation Week. We neglected to include that information in your April newsletter. An editorial from Volunteer Coordinator, Judy Harley did appear in the Press & Sun Bulletin last week. Our volunteers enjoyed hot pizza each day last week. There is a 'continuous bottle drive' at Roma's on Nanticoke Ave. that earns money for some volunteers to use to help with the cost of gas. (Empty soda bottles/cans can be donated for Meals on Wheels of Western Broome at Roma's bottle redemption center on Nanticoke Ave.—just tell them it's to be donated to Meals on Wheels of Western Broome.) The volunteers enjoyed your notes and the pizza!!!

There is a misconception that Meals on Wheels is only for low income seniors. Meals on Wheels services are available for ANYONE who is somewhat homebound, does not have anyone to help shop for food or has trouble preparing meals for themselves. Some people need this service while family members are at work during the day. Meals on Wheels of Western Broome's services can accommodate more clients—SO—we encourage you to recommend Meals on Wheels to anyone who might benefit from the service. We have room on our list to serve MANY more people. Thanks!!!

**'THANK YOU!' for answering our recent survey.** We are trying to increase the number of clients served and meals prepared and your opinion counts. The responses were helpful to us in planning future menus and understanding your thoughts about the meals. Call the office if you missed the survey and would like to be included. If you still have the survey laying around –please fill it out and give it to the volunteer to bring back. You can call any-time if you have a question or concern about the Meals on Wheels service. 754-7856