



ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM

2018 WINTER MENU

KOSHER MEALS

JANUARY, FEBRUARY, MARCH

239 West 49th Street, New York, NY 10019
212-581-2910 (press option #4)

Funded in part by NYC Department for the Aging, Citymeals on Wheels and Senior Contributions

ALLERGY DISCLAIMER

Encore's Food Service Program is required to conduct trainings on cross contamination; however there is always a risk. Items such as nuts, dairy and gluten are prepared in the same kitchen and unfortunately, there are no guarantees trace elements are not present. There is also a possibility that commercial food vendors could change the formula at any time without notice. Encore Community Services will not assume any liability for adverse reactions to food consumed or items one may come in contact with their delivery.

El programa de servicio alimenticio de Encore es requerido llevar a cabo entrenamientos sobre contaminación cruzada; Sin embargo siempre hay un riesgo. Los artículos tales como nueces, lácteo y gluten se preparan en la misma cocina y desafortunadamente, no hay garantías que trazas de estos elementos están presentes. También existe la posibilidad de que los vendedores de alimentos comerciales puedan cambiar la fórmula en cualquier momento sin previo aviso. Encore Community Services no asumirá ninguna responsabilidad por reacciones adversas a los alimentos consumidos o artículos que puedan entrar en contacto con su entrega.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">HAPPY NEW YEAR 2018</p>	<p>1</p> <p style="text-align: center;">CENTER CLOSED</p> <p>Will receive a meal between 12/26 & 12/30</p>	<p>2 Vegetarian Bean Chili Brown Rice Kale in Garlic Sauce Apple Orange Juice</p>	<p>3 Baked Salmon Dill Lemon Sauce Rice A Roni Steamed Carrots Banana Orange Pineapple Juice</p>	<p>4 BBQ Sauce Turkey Burger Mashed Sweet Potatoes Steamed Green Beans Healthy Strawberry and Applesauce Orange Juice</p>	<p>5 Italian Roast Chicken Challah Bread Roasted Potatoes California Blend Vegetables Apple Juice Kiwi</p>	<p>6 Lemon Pepper Tilapia Penne Pasta with Garlic Sauce Zucchini and Peas Orange Juice Pear</p>
	<p>7 Baked Ziti with Cheese Stewed Beans Green Beans Apple Juice Tangerine</p>	<p>8 Lemon Chicken Mashed Potatoes California Blend Vegetables Apple Orange Juice</p>	<p>9 Turkey Meat Sauce Pasta Green Beans Apple Juice Pear</p>	<p>10 Baked Hoki Fish with Marsala Mushroom Sauce Yellow Rice Kale in Garlic Sauce Healthy Wild berry and Applesauce Orange Pineapple Juice</p>	<p>11 Stuffed Cabbage with Beef Toasted Barley with Onions Mixed Vegetables Banana Orange Juice</p>	<p>12 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Orange</p>
<p>14 Stuffed Shells with Cheese Kale with Garlic Sauce Steamed Carrots Kiwi Orange Pineapple Juice</p>	<p>15</p> <p style="text-align: center;">CENTER CLOSED</p> <p>Will receive a meal between 1/8 & 1/13</p>	<p>16 Swedish Meatballs with Beef and Turkey Egg Noodles Steamed Peas and Carrots Kiwi Orange Juice</p>	<p>17 BBQ Chicken Breasts Smashed Red Potatoes Steamed Red or Green Cabbage Apple Orange Pineapple Juice</p>	<p>18 Braised Beef with Pan Gravy Mauzone Toasted Barley & Onion Steamed Green Beans Banana Orange Juice</p>	<p>19 Roasted Chicken Challah Bread Mashed Sweet Potatoes Spinach Souffle Apple Juice Tangerine</p>	<p>20 Baked Flounder Fish Honey Dijon Sauce Mashed Butternut Squash Boiled Zucchini Orange Juice Pear</p>
<p>21 Spanish Omelet with Vegetables Home Fries Creamy Spinach Healthy Wildberry and Applesauce Orange Pineapple Juice</p>	<p>22 Salisbury Steak Mashed Butternut Squash Sautéed Zucchini Apple Juice Orange</p>	<p>23 Hawaiian Chicken with Vegetables Rice A Roni Green Beans Healthy Peach Apple Sauce Orange Juice</p>	<p>24 Teriyaki Baked Fish Bowtie Noodles Kale with Tomato Orange Pineapple Juice Pear</p>	<p>25 Stuffed Cabbage with Beef Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice</p>	<p>26 Rosemary Chicken Challah Bread Red Bliss Potatoes Cauliflower Souffle Apple Juice Banana</p>	<p>27 Breaded Southern Steak Yellow Rice Mixed Vegetables Kiwi Orange Pineapple Juice</p>
<p>28 Baked Macaroni and Cheese Cuban Black Beans Steamed Carrots Apple Juice Tangerine</p>	<p>29 Sweet and Sour Meatballs Mauzone Toasted Barley & Onion Steamed Carrots Apple Orange Juice</p>	<p>30 Baked Fish with Black Bean Sauce White Rice Kale in Garlic Sauce Apple Juice Kiwi</p>	<p>31 Breaded Southern Steak Green Beans Mashed Potatoes, Orange Pineapple Juice Pear</p>	<p>KOSHER MENU JANUARY 2018</p> <p>**Some menu items may be subject to change based on availability.</p> <p>Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</p>		

Sunday (HH)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (HH)
KOSHER MENU				1 Veggie Burger Patty (pre-prepared)	2 BBQ Chicken	3 Baked Ocean Perch Fish
FEBRUARY 2018				Rice and Beans Yellow Squash Banana Orange Juice	Challah Bread Spiced Sweet Potatoes Mixed Vegetables Apple Juice Tangerine	Moroccan Style Sauce Cous Cous Green Beans Healthy Strawberry & Applesauce Orange Juice
4 Cheese Blintzes Steamed Carrots Steamed Peas Apple Orange Pineapple Juice	5 Baked Fish with Garlic Sauce Toasted Barley with Onions Steamed Broccoli Apple Juice Kiwi	6 Turkey Meatloaf Mashed Potatoes, Steamed Carrots Apple Orange Juice	7 Chicken Cacciatore Pasta Green Beans Orange Pineapple Juice Pear	8 Chili con Carne Rice, Yellow Sautéed Zucchini Applesauce Orange Juice	9 Roasted Chicken Challah Bread Sweet Potato Saute Broccoli Souffle Apple Juice Orange	10 Baked Tilapia Creole Sauce Egg Noodles Polish Style Cabbage Banana Orange Pineapple Juice
11 Baked Macaroni and Cheese Cuban Black Beans Steamed Carrots Apple Juice Tangerine	12 Beef Meatloaf w/ Mushroom Gravy Boiled Zucchini Homemade Mashed Potatoes Apple Orange Juice	13 Vegetarian Bean Chilli Brown Rice Kale in Garlic Sauce Apple Juice Kiwi	14 Baked Salmon Dill w/ Lemon Sauce Rice A Roni Steamed Carrots Orange Pineapple Juice	15 BBQ Sauce Turkey Burger Mashed Sweet Potatoes Steamed Green Beans Healthy Strawberry & Applesauce Orange Juice	16 Italian Roast Chicken Challah Bread Roasted Potatoes California Blend Vegetables Apple Juice Kiwi	17 Lemon Pepper Tilapia Penne Pasta W/ Garlic Sauce Zucchini & Peas Pear Orange Juice
18 Baked Ziti with Cheese Stewed Beans Green Beans Apple Juice Tangerine	19 CENTER CLOSED Will receive a Holiday box bet. 2/1 & 2/17	20 Turkey Meat Sauce Pasta Green Beans Apple Juice Pear	21 Baked Hoki Fish with Marsala Mushroom Sauce Yellow Rice Kale in Garlic Sauce Healthy Wildberry and Applesauce Orange Pineapple Juice	22 Stuffed Cabbage with Beef Toasted Barley with Onions Mixed Vegetables Banana Orange Juice	23 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Orange	24 Turkey Meatloaf Rice A Roni Yellow Squash Apple Orange Juice
25 Stuffed Shells with Cheese Kale with Garlic Sauce Steamed Carrots Kiwi Orange Pineapple Juice	26 Baked Tilapia Creole Sauce Brown Rice & Black Beans California Blend Vegetables Orange Apple Juice	27 Swedish Meatballs w/ Beef & Turkey Egg Noodles Steamed Peas & Carrots Orange Juice Kiwi	28 BBQ Chicken Breasts Smashed Red Potatoes Steamed Red or Green Cabbage Apple OJ Pineapple Juice	**Some menu items may be subject to change based on availability. All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice.		

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<h1><u>MARCH 2018</u></h1> <h1><u>KOSHER MENU</u></h1>				1 Braised Beef with Pan Gravy Mauzone Toasted Barley & Onion Steamed Green Beans Banana Orange Juice	2 Roasted Chicken Challah Bread Mashed Sweet Potatoes Spinach Souffle Apple Juice Tangerine	3 Baked Flounder Fish Honey Dijon Sauce Mashed Butternut Squash Boiled Zucchini Orange Juice Pear
<p>**Some menu items may be subject to change based on availability. All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</p>						
4 Spanish Omelet with Vegetables Home Fries Creamy Spinach Healthy Wildberry and Applesauce Orange Pineapple Juice	5 Salisbury Steak Mashed Butternut Squash Sautéed Zucchini Apple Juice Orange	6 Hawaiian Chicken with Vegetables Rice A Roni Green Beans Healthy Peach Apple Sauce Orange Juice	7 Teriyaki Baked Fish Bowtie Noodles Kale with Tomato Orange Pineapple Juice Pear	8 Stuffed Cabbage with Beef Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice	9 Rosemary Chicken Challah Bread Red Bliss Potatoes Cauliflower Souffle Apple Juice Banana	10 Breaded Southern Steak Yellow Rice Mixed Vegetables Kiwi Orange Pineapple Juice
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18 Cheese Blintzes Steamed Carrots Steamed Peas Apple Orange Pineapple Juice	19 Baked Fish with Garlic Sauce Toasted Barley with Onions Steamed Broccoli Apple Juice Kiwi	20 Turkey Meatloaf Mashed Potatoes, Steamed Carrots Apple Orange Juice	21 Chicken Cacciatore Pasta Green Beans Orange Pineapple Juice Pear	22 Chili con Carne Rice, Yellow Sautéed Zucchini Applesauce Orange Juice	23 Roasted Chicken Challah Bread Sweet Potato Sauté Broccoli Souffle Apple Juice Orange	24 Baked Tilapia Creole Sauce Egg Noodles Polish Style Cabbage Banana Orange Pineapple Juice
25 Breaded Southern Steak Rice Pilaf Steamed Broccoli Apple Orange Juice	26 Beef Meatloaf with Mushroom Gravy Boiled Zucchini Homemade Mashed Potatoes Apple Juice Orange	27 Vegetarian Bean Chili Brown Rice Kale in Garlic Sauce Apple Orange Juice	28 Baked Salmon Dill Lemon Sauce Rice A Roni Steamed Carrots Banana Orange Pineapple Juice	29 BBQ Sauce Turkey Burger Mashed Sweet Potatoes Steamed Green Beans Healthy Strawberry and Applesauce Orange Juice	30 CENTER CLOSED Will receive a Holiday box bet. 3/1 & 3/29	31 Lemon Pepper Tilapia Penne Pasta with Garlic Sauce Zucchini and Peas Orange Juice Pear