



ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM

2017 SUMMER MENU

KOSHER

JULY, AUGUST, SEPTEMBER

239 West 49th Street, New York, NY 10029
212-581-2910 (press option #4)

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

All Meals are Catered by Mauzone and Delivered by Encore

***Some menu items may be subject to change based on availability*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>KOSHER MENU</u> <u>JULY 2017</u>						1 Baked Ocean Perch Fish Moroccan Fish Sauce Cous Cous Yellow Squash Strawberry Applesauce Orange Juice
2 Cheese Blintzes Steamed Carrots Steamed Peas Apple Orange Pineapple Juice	3 Baked Fish with Garlic Sauce Toasted Barley with Onions Steamed Carrots Apple Juice Kiwi	4 CENTER CLOSED You will receive a Citymeals On Wheels Holiday BoX	5 Chicken Piccata Pasta Green Beans Orange Pineapple Juice Pear	6 Chili con Carne Rice Yellow Sautéed Zucchini Applesauce Orange Juice	7 Roasted Chicken Sweet Potato Saute Broccoli Souffle Challah Bread Apple Juice Orange	8 Creole Sauce Gelfite Fish Egg Noodles Steamed Cabbage Mix Banana Orange Pineapple Juice
9 Breaded Southern Steak Rice Pilaf Steamed Peas Apple Orange Juice	10 Classic Salisbury Steak Mashed Potatoes Zucchini with Corn and Tomatoes Apple Juice Orange	11 Vegetarian Bean Chili Brown Rice Kale in Garlic Sauce Apple Orange Juice	12 Baked Salmon Honey Dijon Sauce Rice A Roni Steamed Carrots Banana Orange Pineapple Juice	13 BBQ Sauce Turkey Burger Mashed Sweet Potatoes California Blend Vegetables Strawberry Applesauce Orange Juice	14 Italian Roast Chicken Roasted Potatoes Steamed Green Beans Challah Bread Apple Juice Kiwi	15 Lemon Pepper Fish Penne Pasta with Garlic Sauce Roasted Zucchini Orange Juice Pear
16 Baked Ziti with Cheese Green Beans Steamed Carrots Apple Juice Tangerine	17 Chicken Marsala Mashed Potatoes California Vegetables Apple Juice Orange	18 Turkey Meat Sauce Pasta Zucchini with Corn and Tomatoes Apple Juice Pear	19 Baked Flounder Fish Moroccan Fish Sauce Yellow Rice Kale in Garlic Sauce Wildberry and Applesauce Orange Pineapple Juice	20 Stuffed Cabbage with Beef Toasted Barley with Onions Mixed Vegetables Banana Orange Juice	21 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Apple Juice Orange	22 Turkey Burger Rice A Roni Green Beans Apple Orange Juice
23 Stuffed Shells with Cheese Kale with Garlic Sauce Steamed Carrots Kiwi Orange Pineapple Juice	24 Breaded Pollack Fish Pasta Primavera Zucchini Apple Juice Plum	25 Vegetarian Bean Chili White Rice Steamed Carrots Pineapple Juice Kiwi	26 Baked Tilapia Fish Lemon Sauce Mashed Potatoes Kale Apple Orange Juice	27 Veggie Patty Toasted Barley Mixed Vegetables Banana Pineapple Juice	28 Cold Gefilte Fish Potato Salad Russian Cole Slaw Challah Bread Apple Juice Peach	29 Creole Sauce Gelfite Fish Egg Noodles Steamed Cabbage Banana Orange Pineapple Juice
30 Vegetale Spanish Omelet Red Potato Mixed Vegetables Wildberry Applesauce Apple Juice	31 Baked Hoki Marsala Yellow Rice Broccoli Souffle Orange Juice Applesauce	<i>All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice.</i> TISHA B'AV JULY 24 TO AUGUST 2 2017				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KOSHER MENU AUGUST 2017		1 Black Bean Burger Mashed Sweet Potato California Veg. Peach & Pineapple Juice	2 Salmon Cake Hot Dill sauce Squash Green Beans Orange Juice Orange	3 Meatballs Marinara Pasta Zucchini & Garlic Apple Pineapple Juice	4 Rosemary Chicken Challah Bread Red Bliss Potatoes Califlower Souffle Apple Juice Banana	5 Breaded Southern Steak Yellow Rice Mixed Vegetables Kiwi Orange Pineapple Juice
6 Baked Macaroni and Cheese Steamed Carrots Steamed Kale Apple Juice Tangerine	7 Sweet and Sour Meatballs Mauzone Toasted Barley & Onion Steamed Carrots Apple Orange Juice	8 Teriyaki Tilapia White Rice Kale in Garlic Sauce Apple Juice Kiwi	9 Veggie Burger Patty (pre-prepared) Corn Zucchini with Corn and Tomatoes Orange Pineapple Juice Pear	10 Breaded Southern Steak Green Beans Mashed Potatoes, 4 oz Banana Orange Juice	11 BBQ Chicken Challah Bread Spiced Sweet Potatoes Mixed Vegetables Apple Juice Tangerine	12 Baked Ocean Perch Fish Moroccan Fish Sauce Cous Cous Yellow Squash Strawberry & Applesauce Orange Juice
13 Cheese Blintzes Steamed Carrots Steamed Peas Apple Orange Pineapple Juice	14 Baked Fish with Garlic Sauce Toasted Barley with Onions Steamed Carrots Apple Juice Kiwi	15 Beef and Turkey Meatloaf with Mushroom Gravy Mashed Potatoes, Mixed Vegetables Apple Orange Juice	16 Chicken Piccata Pasta Green Beans Orange Pineapple Juice Pear	17 Chili con Carne Yellow Rice Sautéed Zucchini Applesauce Orange Juice	18 Roasted Chicken Challah Bread Sweet Potato Saute Broccoli Souffle Apple Juice Orange	19 Creole Sauce Gelfite Fish Egg Noodles Steamed Cabbage Mix Banana Orange Pineapple Juice
20 Breaded Southern Steak Rice Pilaf Steamed Peas Apple Orange Juice	21 Classic Salisbury Steak Mashed Potatoes Zucchini, Corn & Tomatoes Apple Juice Orange	22 Vegetarian Bean Chili Brown Rice Kale in Garlic Sauce Apple Orange Juice	23 Baked Salmon Honey Dijon Sauce Rice A Roni Steamed Carrots Banana Orange Pineapple Juice	24 BBQ Sauce Turkey Burger Mashed Sweet Potatoes California Blend Vegetables Strawberry & Applesauce Orange Juice	25 Italian Roast Chicken Challah Bread Roasted Potatoes Steamed Green Beans Apple Juice Kiwi	26 Lemon Pepper Fish Penne Pasta with Garlic Sauce Roasted Zucchini Orange Juice Pear
27 Baked Ziti with Cheese Green Beans Steamed Carrots Apple Juice Tangerine	28 Chicken Marsala Mashed Potatoes, California Blend Vegetables Apple Orange Juice	29 Turkey Meat Sauce Pasta Zucchini with Corn and Tomatoes Apple Juice Pear	30 Baked Flounder Fish Moroccan Fish Sauce Yellow Rice Kale in Garlic Sauce Wildberry & Applesauce Orange Pineapple Juice	31 Stuffed Cabbage with Beef Toasted Barley with Onions Mixed Vegetables Banana Orange Juice	All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice	

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KOSHER MENU SEPTEMBER 2017 <i>All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</i>					1 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Orange	2 Turkey Burger Rice A Roni Green Beans Apple Orange Juice
3 Stuffed Shells with Cheese Kale with Garlic Sauce Steamed Carrots Kiwi Orange Pineapple Juice	4 CENTER CLOSED You will receive a Citymeals On wheels Holiday Box	5 Italian Meatballs with Beef and Turkey Penne Pasta with Garlic Sauce Steamed Peas and Carrots Kiwi Orange Juice	6 BBQ Chicken Breasts Mashed Sweet Potatoes Steamed Cabbage Mix Apple Orange Pineapple Juice	7 Braised Beef with Pan Gravy Kasha Varnishkes Steamed Green Beans Banana Orange Juice	8 Roasted Chicken Challah Bread Smashed Red Potatoes Spinach Souffle Apple Juice Tangerine	9 Baked Flounder Fish Honey Dijon Sauce Zucchini Rice Pilaf Steamed Carrots Orange Juice Pear
10 Spanish Omelet with Vegetables Home Fries Mixed Vegetables Wildberry Applesauce Orange Pineapple Juice	11 Classic Salisbury Steak Mashed Butternut Squash Saut�ed Zucchini Apple Juice Orange	12 Baked Sole Fish Fillet Creole Sauce Rice A Roni Green Beans Peach Apple Sauce Orange Juice	13 Garlic Chicken Meatballs Bowtie Noodles Kale with Tomato Orange Pineapple Juice Pear	14 Stuffed Cabbage with Beef Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice	15 Rosemary Chicken Challah Bread Red Bliss Potatoes Califlower Souffle Apple Juice Banana	16 Breaded Southern Steak Yellow Rice Mixed Vegetables Kiwi Orange Pineapple Juice
17 Baked Macaroni and Cheese Steamed Carrots Steamed Kale Apple Juice Tangerine	18 Sweet and Sour Meatball Barley and Onions Steamed Carrots Orange Juice Apple	19 Teriyaki Tilapia White Rice Kale in Garlic Sauce Apple Juice Kiwi	20 Veggie Burger Patty (pre-prepared) Corn Zucchini with Corn and Tomatoes Orange Pineapple Juice Pear	21 Breaded Southern Steak Green Beans Mashed Potatoes Banana Orange Juice	22 BBQ Chicken Challah Bread Spiced Sweet Potatoes Mixed Vegetables Apple Juice Tangerine	23 Baked Ocean Perch Fish Moroccan Fish Sauce Cous Cous Yellow Squash Strawberry and Applesauce Orange Juice
24 Cheese Blintzes Steamed Carrots Steamed Peas Apple Orange Pineapple Juice	25 Baked Fish with Garlic Sauce Toasted Barley with Onions Steamed Carrots Apple Juice Kiwi	26 Beef and Turkey Meatloaf with Mushroom Gravy Mashed Potatoes Mixed Vegetables Apple Orange Juice	27 Chicken Piccata Pasta Green Beans Orange Pineapple Juice Pear	28 Chili con Carne Yellow Rice Saut�ed Zucchini Applesauce Orange Juice	29 Roasted Chicken Challah Bread Sweet Potato Saute Broccoli Souffle Apple Juice Orange	30 Creole Sauce Gelfite Fish Egg Noodles Steamed Cabbage Banana Orange Pineapple Juice