



ENCORE COMMUNITY SERVICES  
HOME DELIVERED MEALS PROGRAM

# 2017 SPRING MENU

## KOSHER

APRIL, MAY, JUNE

239 West 49<sup>th</sup> Street, New York, NY 10029  
212-581-2910 (press option #4; oprima opcion #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*

### 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 (FROZEN ONLY)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>KOSHER MENU</u></b>						1 <b>Turkey Burger</b> Rice A Roni Green Beans Orange Juice Apple
<b><u>APRIL 2017</u></b>						
2 <b>Baked Macaroni and Cheese</b> Steamed Carrots Steamed Peas Orange Pineapple Juice Kiwi	3 <b>Baked Hoki Fish with Marsala Mushroom Sauce</b> Brown Rice and Black Beans California Blend Vegetables Apple Juice Orange	4 <b>Italian Meatballs with Beef and Turkey</b> Penne Pasta with Garlic Sauce Steamed Green Beans Kiwi Orange Juice	5 <b>Barbecue Chicken Breasts</b> Mashed Sweet Potatoes Steamed Cabbage Mix Apple Orange Pineapple Juice	6 <b>Braised Beef with Pan Gravy</b> Kasha Varnishkes Steamed Peas and Carrots Banana Orange Juice	7 <b>Roasted Chicken</b> Challah Bread Smashed Red Potatoes Spinach Souffle Apple Juice Tangerine	8 <b>Baked Flounder Fish</b> <b>Honey Dijon Sauce</b> Zucchini Rice Pilaf Green Beans Orange Juice Pear
9 <b>Spanish Omelet with Vegetables</b> Roasted Potatoes Mixed Vegetables Healthy Wildberry and Applesauce Orange Pineapple Juice	10 <b>Salisbury Steak w/ Gravy</b> Garlic Mashed Potatoes Broccoli Matzo Apple Orange Juice	11 <b>Turkey Schnitzel</b> Potato Pudding Zucchini Matzo Orange Apple Juice	12 <b>Baked Tomato Herb Fish</b> Parsley Potato Carrots Matzo Pear Orange Juice	13 <b>Sweet &amp; Sour Meatballs</b> Mashed Potatoes Broccoli Matzo Applesauce Apple Juice	14 <b><u>CENTER CLOSED</u></b> Will receive a Holiday box funded by Citymeals on wheels between 3/9/17-4/13/17	15 <b>Spanish Omelet</b> Tri-cut Potato Zucchini Matzo Apple Apple juice
16 <b>Eggplant Parmesan</b> Carrots Broccoli Matzo Pear Orange Juice	17 <b>Turkey Meatloaf w/Gravy</b> Mashed Potatoes Creamy Spinach Matzo Orange Apple juice	18 <b>Salmon Cakes</b> Mashed Sweet Potatoes Sweet & Sour Cabbage Matzo Applesauce Orange Juice	19 <b>Chicken Piccata</b> Pasta Green Beans Orange Pineapple Juice Pear	20 <b>Chili con Carne</b> Rice, Yellow Sautéed Zucchini Applesauce Orange Juice	21 <b>Roasted Chicken</b> Challah Bread Sweet Potato Saute Broccoli Souffle Apple Juice Orange	22 <b>Gelfite Fish w/ Creole Sauce</b> Egg Noodles Steamed Cabbage Mix Banana Orange Pineapple Juice
23 <b>Breaded Southern Steak</b> Rice Pilaf Steamed Peas Apple Orange Juice	24 <b>Baked Fish with Garlic Sauce</b> Toasted Barley with Onions Steamed Carrots Apple Juice Kiwi	25 <b>Beef and Turkey Meatloaf with Mushroom Gravy</b> Mashed Potatoes, 4 oz Mixed Vegetables Apple Orange Juice	26 <b>Turkey Meatballs Marinara</b> Penne Pasta with Garlic String Beans Applesauce Orange Pineapple Juice	27 <b>Stuffed Cabbage with Beef</b> Toasted Barley with Onions Mixed Vegetables Banana Orange Juice	28 <b>Roasted Chicken</b> Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Orange	29 <b>Turkey Burger</b> Rice A Roni Green Beans Apple Orange Juice
30 <b>Stuffed Shells with Cheese</b> Kale with Garlic Sauce Steamed Carrots Kiwi Orange Pineapple Juice	<i>All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, &amp; Vitamin C Enriched fruit juice.</i>					

Sunday (FROZEN ONLY)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Baked Hoki Fish w/Dill Lemon Sauce</b> Brown Rice and Black Beans California Blend Vegetables Apple Juice Orange	<b>2 Italian Meatballs with Beef and Turkey</b> Penne Pasta with Garlic Sauce Steamed Peas & Carrots Kiwi Orange Juice	<b>3 BBQ Chicken Breasts</b> Mashed Sweet Potatoes Steamed Cabbage Mix Apple Orange Pineapple Juice	<b>4 Braised Beef with Pan Gravy</b> Kasha Varnishkes Steamed Green Beans Banana Orange Juice	<b>5 Roasted Chicken</b> Challah Bread Smashed Red Potatoes Spinach Soufflé Apple Juice Tangerine	<b>6 Baked Flounder Fish w/Honey Dijon Sauce</b> Zucchini Rice Pilaf Steamed Carrots Orange Juice Pear
<b>7 Spanish Omelet with Vegetables</b> Home Fries Mixed Vegetables Healthy Wildberry and Applesauce Orange Pineapple Juice	<b>8 Classic Salisbury Steak</b> Mashed Butternut Squash Sautéed Zucchini Apple Juice Orange	<b>9 Baked Sole Fish Fillet</b> <b>Creole Sauce</b> Rice A Roni Green Beans Healthy Peach Apple Sauce Orange Juice	<b>10 Garlic Chicken Meatballs</b> Bowtie Noodles Kale with Tomato Orange Pineapple Juice Pear	<b>11 Stuffed Cabbage with Beef</b> Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice	<b>12 Rosemary Chicken</b> Challah Bread Red Bliss Potatoes Cauliflower Soufflé Apple Juice Banana	<b>13 Breaded Southern Steak</b> Yellow Rice Mixed Vegetables Kiwi Orange Pineapple Juice
<b>14 Baked Macaroni and Cheese</b> Steamed Carrots Steamed Kale Apple Juice Tangerine	<b>15 Sweet and Sour Meatballs</b> Mauzone Toasted Barley & Onion Steamed Carrots Apple Orange Juice	<b>16 Teriyaki Tilapia</b> White Rice Kale in Garlic Sauce Apple Juice Kiwi	<b>17 Veggie Burger Patty (pre-prepared)</b> Corn Zucchini with Corn and Tomatoes Orange Pineapple Juice Pear	<b>18 Breaded Southern Steak</b> Green Beans Mashed Potatoes Banana Orange Juice	<b>19 BBQ Chicken</b> Challah Bread Spiced Sweet Potatoes Mixed Vegetables Apple Juice Tangerine	<b>20 Baked Ocean Perch Fish Moroccan Fish Sauce</b> Cous Cous Yellow Squash Healthy Strawberry and Applesauce Orange Juice
<b>21 Cheese Blintzes</b> Steamed Carrots Steamed Peas Apple Orange Pineapple Juice	<b>22 Baked Fish with Garlic Sauce</b> Toasted Barley with Onions Steamed Carrots Apple Juice Kiwi	<b>23 Beef and Turkey Meatloaf with Mushroom Gravy</b> Mashed Potatoes Mixed Vegetables Apple Orange Juice	<b>24 Chicken Piccata</b> Pasta Green Beans Orange Pineapple Juice Pear	<b>25 Chili con Carne</b> Rice, Yellow Sautéed Zucchini Applesauce Orange Juice	<b>26 Roasted Chicken</b> Challah Bread Sweet Potato Saute Broccoli Souffle Apple Juice Orange	<b>27 Gelfite Fish w/ Creole Sauce</b> Egg Noodles Steamed Cabbage Mix Banana Orange Pineapple Juice
<b>28 Breaded Southern Steak</b> Rice Pilaf Steamed Peas Apple Orange Juice	29 <b><u>CENTER CLOSED</u></b> You will receive a meal funded by Citymeals on wheels anytime between 5/19/16-5/26/16	<b>30 Vegetarian Bean Chili</b> Brown Rice Kale in Garlic Sauce Apple Orange Juice	<b>31 Baked Salmon Honey Dijon Sauce</b> Rice A Roni Steamed Carrots Banana Orange Pineapple Juice	<b><u>KOSHER MENU</u></b> <b><u>MAY 2017</u></b>  <i>All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, &amp; Vitamin C Enriched fruit juice.</i>		

Sunday (FROZEN ONLY)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>KOSHER MENU</u></b> <b><u>JUNE 2017</u></b>  <i>All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, &amp; Vitamin C Enriched fruit juice.</i>				<b>1 Turkey Burger with BBQ Sauce</b> Mashed Potatoes California Blend Vegetables Healthy Strawberry and Applesauce Orange Juice	<b>2 Italian Roast Chicken</b> Challah Bread Roasted Potatoes Steamed Green Beans Apple Juice Kiwi	<b>3 Lemon Pepper Fish</b> Penne Pasta with Garlic Sauce Baked Zucchini Orange Juice Pear
<b>4 Baked Ziti with Cheese</b> Green Beans Steamed Carrots Apple Juice Tangerine	<b>5 Chicken Marsala</b> Mashed Potatoes California Blend Vegetables Apple Orange Juice	<b>6 Turkey Meat Sauce</b> Pasta Zucchini with Corn & Tomatoes Apple Juice Pear	<b>7 Baked Flounder Fish with Moroccan Sauce</b> Yellow Rice Kale in Garlic Healthy Wildberry and Applesauce Orange Pineapple Juice	<b>8 Stuffed Cabbage with Beef</b> Toasted Barley with Onions Mixed Vegetables Banana Orange Juice	<b>9 Roasted Chicken</b> Challah Bread Potato Kugal Carrot Tzimmes Apple Juice Orange	<b>10 Turkey Burger</b> Rice A Roni Kale with Garlic Sauce Apple Orange Juice
<b>11 Stuffed Shells with Cheese</b> Steamed Carrots Kale with Garlic Sauce Kiwi Orange Pineapple Juice	<b>12 Baked Hoki Fish w/Dill Lemon Sauce</b> Brown Rice and Black Beans California Blend Vegetables Apple Juice Orange	<b>13 Italian Meatballs with Beef and Turkey</b> Penne Pasta with Garlic Sauce Steamed Peas & Carrots Kiwi Orange Juice	<b>14 BBQ Chicken Breasts</b> Mashed Sweet Potatoes Steamed Cabbage Mix Apple Orange Pineapple Juice	<b>15 Braised Beef with Pan Gravy</b> Kasha Varnishkes Steamed Green Beans Banana Orange Juice	<b>16 Roasted Chicken</b> Challah Bread Smashed Red Potatoes Spinach Soufflé Apple Juice Tangerine	<b>17 Baked Flounder Fish w/Honey Dijon Sauce</b> Zucchini Rice Pilaf Steamed Carrots Orange Juice Pear
<b>18 Spanish Omelet with Vegetables</b> Home Fries Mixed Vegetables Healthy Wildberry and Applesauce Orange Pineapple Juice	<b>19 Classic Salisbury Steak</b> Mashed Butternut Squash Sautéed Zucchini Apple Juice Orange	<b>20 Baked Sole Fish Fillet Creole Sauce</b> Rice A Roni Green Beans Healthy Peach Apple Sauce Orange Juice	<b>21 Garlic Chicken Meatballs</b> Bowtie Noodles Kale with Tomato Orange Pineapple Juice Pear	<b>22 Stuffed Cabbage with Beef</b> Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice	<b>23 Rosemary Chicken</b> Challah Bread Red Bliss Potatoes Cauliflower Soufflé Apple Juice Banana	<b>24 Breaded Southern Steak</b> Yellow Rice Mixed Vegetables Kiwi Orange Pineapple Juice
<b>25 Whole Grain Macaroni and Cheese</b> Steamed Carrots Steamed Kale Apple Juice Tangerine	<b>26 Sweet and Sour Meatballs</b> Mauzone Toasted Barley & Onion Steamed Carrots Apple Orange Juice	<b>27 Teriyaki Tilapia</b> White Rice Kale in Garlic Sauce Apple Juice Kiwi	<b>28 Veggie Burger Patty (pre-prepared)</b> Corn Zucchini with Corn and Tomatoes Orange Pineapple Juice Pear	<b>29 Breaded Southern Steak</b> Green Beans Mashed Potatoes Banana Orange Juice	<b>30 BBQ Chicken</b> Challah Bread Spiced Sweet Potatoes Mixed Vegetables Apple Juice Tangerine	