



ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM

2018 SPRING MENU

KOSHER MEALS

APRIL, MAY, JUNE

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
1 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Broccoli Apple Orange Juice	2 Turkey Meatloaf w/ gravy Mashed Potatoes Creamy Spinach Apple Orange Juice	3 Baked Tomato Herb Fish Parley Potatoes Carrots Apple Juice Kiwi	4 Sweet and Sour Meatballs Mashed Potatoes, Steamed Broccoli Apple Orange Juice	5 Roast Chicken Roasted Potatoes Sliced Carrots Banana Orange Juice	6 Turkey Schnitzel Challah Bread Spiced Herb Potatoes Zucchini w/ tomato sauce Apple Juice Tangerine	7 Spanish Omelet Zucchini Retatouille Healthy Strawberry and Applesauce Orange Juice
8 Eggplant parmigiana Sliced Carrots Broccoli Apple Orange Pineapple Juice	9 Lemon Chicken Mashed Potatoes California Blend Vegetables Apple Orange Juice	10 Turkey Meat Sauce Pasta Green Beans Apple Juice Pear	11 Baked Hoki Fish w marsala Yellow Rice Kale in Garlic Sauce Healthy Wildberry and Applesauce OJ Pineapple Juice	12 10 Stuffed Cabbage w/ Beef Toasted Barley w/ Onions Mixed Vegetables Orange Juice Banana	13 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Tangerine	14 Turkey Meatloaf Rice A Roni Yellow Squash Apple Orange Juice
15 Stuffed Shells w/ Cheese Kale w/ Garlic Sauce Steamed Carrots Kiwi Orange Pineapple Juice	16 Spaghettis Meatballs Pasta Steamed Broccoli Apple Orange Juice	17 Turkey Meatloaf Braised Red Cabbage Mashed Potatoes Apple Juice Pear	18 Chicken Chasseur White Rice Green Beans Healthy Wildberry and Applesauce Orange Pineapple Juice	19 Sweet and Sour Meatballs Bowtie Pasta with Kasha Steamed Carrots Banana Orange Juice	20 Brown Gravy Roasted Chicken Challah Bread Roasted Potatoes Broccoli Souffle Apple Juice Orange	21 Black Beans and Mushrooms Vegan Burger Baked Brown Rice Pilaf Cauliflower with Carrots and Parsley Apple Orange Juice
22 Breaded Southern Steak Rice Pilaf Mixed Vegetables Kiwi Orange Pineapple Juice	23 Beef Meatloaf with Mushroom Gravy Mashed Potatoes, Steamed Broccoli Apple Juice Kiwi	24 Vegetarian Bean Chili Brown Rice Kale with Garlic Sauce Apple Orange Juice	25 Baked Salmon Dill Lemon Sauce Pasta with Sweet Peas Steamed Carrots Orange Pineapple Juice Pear	26 BBQ Sauce Turkey Burger Mashed Sweet Potatoes Steamed Green Beans Applesauce Orange Juice	27 Italian Roast Chicken Challah Bread Roasted Potatoes California Blend Vegetables Apple Juice Orange	28 Baked Flounder Fish Honey Dijon Sauce Mashed Butternut Squash Boiled Zucchini Banana Orange Pineapple Juice
29 Baked Ziti with Cheese Stewed Beans Green Beans Apple Orange Juice	30 Baked Mushroom Chicken California Blend Vegetables Mashed Potatoes, Apple Juice Orange	KOSHER MENU APRIL 2018 **Some menu items may be subject to change based on availability. Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 2018 KOSHER MENU		1 Turkey Meat Sauce Pasta Green Beans Apple Orange Juice	2 Baked Fish with Sweet and Sour Sauce Yellow Rice Kale in Garlic Sauce Banana Orange Pineapple Juice	3 Swedish Meatballs with Beef and Turkey Toasted Barley with Onions Sautéed Zucchini Healthy Strawberry and Applesauce Orange Juice	4 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Kiwi	5 Baked Tilapia Creole Sauce Egg Noodles Polish Style Cabbage Orange Juice Pear
6 Vegetable Spanish Omelet Home Fries Creamy Spinach Apple Juice Tangerine	7 Italian Meatballs with Beef and Turkey Tomato Sauce Bowtie Noodles Green Beans Apple Juice Orange	8 Baked Breaded Chicken Cutlet Brown Gravy Kale in Garlic Sauce Mashed Potatoes, Healthy Peach Apple Sauce Orange Juice	9 Teriyaki Baked Fish Chinese Style Spaghetti Oriental Blend Vegetables Orange Pineapple Juice Pear	10 Stuffed Cabbage with Beef Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice	11 Rosemary Chicken Challah Bread Red Bliss Potatoes Spinach Souffle Apple Juice Banana	12 Breaded Southern Steak Yellow Rice Mixed Vegetables Kiwi Orange Pineapple Juice
13 Baked Macaroni and Cheese Green Beans Steamed Carrots Apple Juice Tangerine e	14 Sweet and Sour Meatballs Mashed Potatoes Steamed Carrots Apple Orange Juice	15 Baked Salmon Dill Lemon Sauce White Rice Creamy Spinach Apple Juice Kiwi	16 Breaded Southern Steak Roasted Potatoes Green Beans Orange Pineapple Juice Pear	17 Veggie Burger Patty Rice and Beans Steamed Broccoli and Cauliflower Banana Orange Juice	18 BBQ Chicken Challah Bread Spiced Sweet Potatoes Kale in Garlic Sauce Apple Juice Tangerine	19 Baked Ocean Perch Fish Moroccan Style Sauce Cous Cous Green Beans Healthy Strawberry and Applesauce Orange Juice
20 Stuffed Shells Steamed Carrots Steamed Kale Apple Orange Pineapple Juice	21 Baked Flounder Fish Creole Sauce Brown Rice with Beans California Blend Vegetables Apple Juice Orange	22 Stuffed Cabbage with Beef Egg Noodles Creamy Spinach Apple Juice Pear	23 Turkey with Gravy Smashed Red Potatoes Steamed Red or Green Cabbage Healthy Strawberry and Applesauce Orange Pineapple Juice	24 Braised Beef with Pan Gravy Mauzone Toasted Barley & Onion Steamed Green Beans Banana Orange Juice	25 Roasted Chicken Challah Bread Mashed Sweet Potatoes Spinach Soufflé Apple Juice Tangerine	26 Lemon Pepper Tilapia Penne Pasta with Garlic Sauce Zucchini and Peas Apple Orange Juice
27 Cheese Blintzes Steamed Carrots Steamed Peas Kiwi Orange Pineapple Juice	CENTER CLOSED Will receive a meal between 5/14 & 5/25	29 Turkey Meatloaf Braised Red Cabbage Mashed Potatoes, Apple Juice Pear	30 Chicken Chasseur White Rice Green Beans Healthy Wild berry and Applesauce Orange Pineapple Juice	31 Sweet and Sour Meatballs Bowtie Pasta with Kasha Steamed Carrots Banana Orange 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>JUNE 2018</h1> <h2>KOSHER MENU</h2>					1 Brown Gravy Roasted Chicken Challah Bread Roasted Potatoes Broccoli Souffle Apple Juice Orange	2 Black Beans & Mushrooms Vegan Burger Baked Brown Rice Pilaf Cauliflower with Carrots and Parsley Apple Orange Juice
<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>						
3 Breaded Southern Steak Rice Pilaf Mixed Vegetables Kiwi Orange Pineapple Juice	4 Beef Meatloaf with Mushroom Gravy Mashed Potatoes Steamed Broccoli Apple Juice Kiwi	5 Vegetarian Bean Chili Brown Rice Kale with Garlic Sauce Apple Orange Juice	6 Baked Salmon Dill Lemon Sauce Pasta with Sweet Peas Steamed Carrots Orange Pineapple Juice Pear	7 BBQ Sauce Turkey Burger Mashed Sweet Potatoes Steamed Green Beans Applesauce Orange Juice	8 Italian Roast Chicken Challah Bread Roasted Potatoes California Blend Vegetables Apple Juice Orange	9 Baked Flounder Fish Honey Dijon Sauce Mashed Butternut Squash Boiled Zucchini Banana Orange Pineapple Juice
10 Baked Ziti with Cheese Stewed Beans Green Beans Apple Orange Juice	11 Baked Mushroom Chicken California Blend Vegetables Mashed Potatoes Apple Juice Orange	12 Turkey Meat Sauce Pasta Green Beans Apple Orange Juice	13 Baked Fish with Sweet and Sour Sauce Yellow Rice Kale in Garlic Sauce Banana Orange Pineapple Juice	14 Swedish Meatballs with Beef and Turkey Toasted Barley with Onions Sautéed Zucchini Healthy Strawberry and Applesauce Orange Juice	15 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Kiwi	16 Baked Tilapia Creole Sauce Egg Noodles Polish Style Cabbage Orange Juice Pear
17 Vegetable Spanish Omelet Home Fries Creamy Spinach Apple Juice Tangerine	18 Italian Meatballs with Beef and Turkey Tomato Sauce Bowtie Noodles Green Beans Apple Juice Orange	19 Baked Breaded Chicken Cutlet Brown Gravy Kale in Garlic Sauce Mashed Potatoes Healthy Peach Apple Sauce Orange Juice	20 Teriyaki Baked Fish Chinese Style Spaghetti Oriental Blend Vegetables Orange Pineapple Juice Pear	21 Stuffed Cabbage with Beef Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice	22 Rosemary Chicken Challah Bread Red Bliss Potatoes Spinach Souffle Apple Juice Banana	23 Breaded Southern Steak Yellow Rice Mixed Vegetables Kiwi Orange Pineapple Juice
24 Baked Macaroni and Cheese Green Beans Steamed Carrots Apple Juice Tangerine	25 Sweet and Sour Meatballs Mashed Potatoes Steamed Carrots Apple Orange Juice	26 Baked Salmon Dill Lemon Sauce White Rice Creamy Spinach Apple Juice Kiwi	27 Breaded Southern Steak Roasted Potatoes Green Beans Orange Pineapple Juice Pear	28 Veggie Burger Patty Rice and Beans Steamed Broccoli and Cauliflower Banana Orange Juice	29 BBQ Chicken Challah Bread Spiced Sweet Potatoes Kale in Garlic Sauce Apple Juice Tangerine	30 Baked Ocean Perch Fish Moroccan Style Sauce Cous Cous Green Beans Healthy Strawberry and Applesauce Orange Juice