



**ENCORE COMMUNITY SERVICES  
HOME DELIVERED MEALS PROGRAM**

# **2018 SPRING MENU**

## **FROZEN REGULAR**

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**APRIL, MAY, JUNE**

**239 West 49<sup>th</sup> 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
<b>1 Whole Wheat Pasta Primavera with Cheese</b> sautéed Asparagus Steamed Carrots Apple Juice Pineapple cups	<b>2 Black Bean and Sweet Potato Chili</b> White Rice Broccoli and Red Peppers Orange Pineapple Juice Pear	<b>3 Chicken Parmesan</b> Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Orange Juice Fruited Jell-O	<b>4 Beef Meatloaf</b> Brown Gravy Smashed Red Potatoes Steamed Carrots Apple Juice Orange	<b>5 Baked Breaded Chicken Cutlet</b> Baked Macaroni and Cheese Sautéed Spinach Healthy Strawberry and Applesauce Orange Pineapple Juice	<b>6 Coconut Curried Cod Fish</b> Yellow Rice California Blend Vegetables Kiwi Orange Juice	<b>7 Swiss Steak</b> with Onions Garlic Mashed Potatoes Steamed Carrots Apple Juice Fruit Cocktail
<b>8 Spaghetti Turkey Meat Sauce</b> Italian Blend Vegetables Steamed Spinach Mandarins Cups Orange Pineapple Juice	<b>9 Beef and Broccoli</b> Brown Rice Oriental Blend Apple Orange Juice	<b>10 Chicken Legs with Stewed</b> Tomatoes Baked Potatoes Steamed Kale Apple Juice Tangerine	<b>11 Baked Ziti with Meat Sauce</b> Cauliflower with Carrots and Parsley Sauteed Asparagus Fruit Cocktail Orange Pineapple Juice	<b>12 Cranberry Chicken</b> Corn Steamed Spinach Orange Juice Fruited Jell-O	<b>13 Baked Tilapia</b> Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Apple Juice Orange	<b>14 Homemade Tomato Sauce Stuffed Shells</b> Sautéed Zucchini Green Beans Pears cups Orange Pineapple Juice
<b>15 Honey Mustard Chicken Breast</b> Baked Brown Rice Pilaf Steamed Peas and Carrots Orange Juice Sliced Peaches	<b>16 Hungarian Goulash with Beef</b> Egg Noodles Broccoli and Red Peppers Apple Juice Orange	<b>17 Hawaiian Chicken Legs</b> Baked Sweet Potato Oriental Blend Apple Orange Pineapple Juice	<b>18 Beef Meatballs in tomato Sauce</b> Spaghetti Italian Blend Vegetables Sliced Peaches Orange Juice	<b>19 Dijon Chicken</b> California Blend Vegetables Roasted Potatoes Apple Juice Pear	<b>20 Baked Breaded Fish</b> Tartar Sauce Roasted Vegetable Couscous Blend Vegetables Fruit Cocktail Orange Pineapple Juice	<b>21 Chicken Fricassee</b> White Rice Steamed Carrots Applesauce Orange Juice
<b>22 Baked Salmon</b> Baked Red Potato Wedges Carrots and Raisins Apple Juice Mandarins Cups	<b>23 Stewed Beef</b> Mixed Vegetables Smashed Red Potatoes Apple Orange Pineapple Juice	<b>24 Spanish Style Baked Chicken</b> Cuban Style Brown Rice Steamed Green Beans Applesauce Orange Juice	<b>25 Roast Beef</b> Baked Potatoes Steamed Green Beans Apple Juice Tapioca Pudding	<b>26 Baked Breaded Chicken Cutlet</b> Baked Sweet Potato Steamed Spinach Orange Pineapple Juice Pear	<b>27 Parmesan Baked Tilapia</b> Couscous with Peas and Lemon Prince Edward Blend Vegetables Pineapple Cups Orange Juice	<b>28 Chicken Parmesan</b> Whole Wheat Spaghetti California Blend Vegetables Apple Juice Mandarins Cups
<b>29 Lentil Stew</b> with Carrots and Turnips Vegetarian Brown Rice Steamed Broccoli Applesauce Orange Pineapple Juice	<b>30 Swiss Steak</b> with Onions White Rice Stewed Beans Apple Orange Juice	<b>FROZEN REGULAR MENU</b> <b>APRIL 2018</b>  **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
<b>FROZEN REGULAR MENU  MAY 2018</b>		<b>1 Oven Fried Chicken</b> Red Bliss Potatoes Steamed Green Beans Apple Juice Pear	<b>2 Sofrito Steak</b> Brown Rice Steamed Peas and Carrots Orange Orange Pineapple Juice	<b>3 BBQ Chicken Leg Quarters</b> Roasted Potatoes Boiled Southern Greens Orange Juice Fruited Jell-O	<b>4 Baked Fish</b> with Zucchini Brown Rice Steamed Broccoli Apple Juice Tangerine	<b>5 Beef Salisbury Steak with Mushroom Sauce</b> Instant Mashed Potatoes California Blend Vegetables Pears Cups Orange Pineapple Juice
<b>6 Vegetable Baked Ziti with Whole Wheat Pasta</b> Steamed Carrots Steamed Green Beans Orange Juice Sliced Peaches	<b>7 Chili con Carne</b> White Rice Steamed Spinach Apple Juice Sliced Peaches	<b>8 Brown Stew Chicken</b> Collard Greens with Tomato Red Bliss Potatoes Apple Orange Pineapple Juice	<b>9 Jumbo Stuffed Shells with Meat</b> Sauce Brussel Sprouts Italian Blend Vegetables Orange Juice Pear	<b>10 Baked Turkey Breast Brown Gravy</b> Mashed Sweet Potatoes Steamed Green Beans Apple Juice Pineapple Cups	<b>11 Baked Salmon with Cilantro Citrus Sauce</b> Egg Barley with Mushrooms Baby Carrots with Parsley Orange Orange Pineapple Juice	<b>12 Stewed Chicken Breast</b> Rice with Vegetables Steamed Spinach Fruit Cocktail Orange Juice
<b>13 Whole Wheat Pasta Primavera with Cheese</b> Sautéed Asparagus Steamed Carrots Apple Juice Pineapple Cups	<b>14 Black Bean and Sweet</b> Potato Chili White Rice Broccoli and Red Peppers Orange Pineapple Juice Pear	<b>15 Chicken Parmesan</b> Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Orange Juice Fruited Jell-O	<b>16 Beef Meatloaf</b> Brown Gravy Smashed Red Potatoes Steamed Carrots Apple Juice Orange	<b>17 Baked Breaded Chicken Cutlet</b> Baked Macaroni and Cheese sautéed Spinach Healthy Strawberry and Applesauce Orange Pineapple Juice	<b>18 Coconut Curried Cod</b> Fish Yellow Rice California Blend Vegetables Kiwi Orange Juice	<b>19 Swiss Steak with Onions</b> Garlic Mashed Potatoes Steamed Carrots Apple Juice Fruit Cocktail
<b>20 Spaghetti Turkey Meat Sauce</b> Italian Blend Vegetables Steamed Spinach Mandarins Cup Orange Pineapple Juice	<b>21 Beef and Broccoli</b> Brown Rice Oriental Blend Apple Orange Juice	<b>22 Chicken Legs with Stewed</b> Tomatoes Baked Potatoes Steamed Kale Apple Juice Tangerine	<b>23 Yankee Pot Roast</b> Garlic & Rosemary Roasted Potatoes Steamed Carrots OJ Pineapple Juice Fruit Cocktail	<b>24 Cranberry Chicken</b> Corn Steamed Spinach Orange Juice Fruited Jell-O	<b>25 Baked Tilapia</b> Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Apple Juice Orange	<b>26 Homemade Tomato Sauce Stuffed Shells</b> Sautéed Zucchini Steamed Green Beans Pears Cups Orange Pineapple Juice
<b>27 Honey Mustard Chicken Breast</b> Baked Brown Rice Pilaf Steamed Peas and Carrots Orange Juice Sliced Peaches	28 CENTER CLOSED You will receive a meal from City Meals on Wheels between 4/14/18 to 5/26/18	<b>29 Hawaiian Chicken Legs</b> Baked Sweet Potato Oriental Blend Apple Orange Pineapple Juice	<b>30 Beef Meatballs in</b> Tomato Sauce Spaghetti Italian Blend Vegetables Orange Juice Sliced Peaches	<b>31 Dijon Chicken</b> California Blend Vegetables Roasted Potatoes Apple Juice Pear	**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
<b>FROZEN REGULAR MENU</b> <b>JUNE 2018</b> **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					<b>1 Baked Breaded Fish</b> Tartar Sauce Roasted Vegetable Couscous Vegetables Fruit Cocktail OJ Pineapple Juice	<b>2 Chicken Fricassee</b> White Rice Steamed Carrots Applesauce Orange Juice
<b>3 Baked Salmon</b> Baked Red Potato Wedges Carrots and Raisins Apple Juice Mandarins Cups	<b>4 Hungarian Goulash w/ Beef</b> Mixed Vegetables Smashed Red Potatoes Apple Orange Pineapple Juice	<b>5 Spanish Style Baked Chicken</b> Cuban Style Brown Rice Steamed Green Beans Applesauce Orange Juice	<b>6 Beef Salisbury Steak with Mushroom</b> Sauce Penne Braised Red Cabbage with Apples Apple Juice Tapioca Pudding	<b>7 Baked Breaded Chicken Cutlet</b> Baked Sweet Potato Steamed Spinach Orange Pineapple Juice Pear	<b>8 Parmesan Baked Tilapia</b> Couscous with Peas and Lemon Prince Edward Blend Vegetables Pineapple Cups Orange Juice	<b>9 Chicken Parmesan</b> Whole Wheat Spaghetti California Blend Vegetables Apple Juice Mandarins Cups
<b>10 Lentil Stew</b> with Carrots and Turnips Vegetarian Brown Rice Steamed Broccoli Applesauce Orange Pineapple Juice	<b>11 Swiss Steak</b> with Onions White Rice Stewed Beans Apple Orange Juice	<b>12 Oven Fried Chicken</b> Red Bliss Potatoes Steamed Green Beans Apple Juice Pear	<b>13 Sofrito Steak</b> Brown Rice Steamed Peas and Carrots Orange Orange Pineapple Juice	<b>14 BBQ Chicken Leg Quarters</b> Roasted Potatoes Boiled Southern Greens Orange Juice Fruited Jell-O	<b>15 Baked Fish</b> with Zucchini Brown Rice Steamed Broccoli Apple Juice Tangerine	<b>16 Beef Salisbury Steak with Mushroom Sauce</b> Instant Mashed Potatoes California Blend Vegetables Pears Cups Orange Pineapple Juice
<b>17 Vegetable Baked Ziti</b> with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Orange Juice Sliced Peaches	<b>18 Chili con Carne</b> White Rice Steamed Spinach Apple Juice Sliced Peaches	<b>19 Brown Stew Chicken</b> Collard Greens with Tomato Red Bliss Potatoes Apple Orange Pineapple Juice	<b>20 Jumbo Stuffed Shells</b> with Meat Sauce Brussel Sprouts Italian Blend Vegetables Orange Juice Pear	<b>21 Baked Turkey Breast</b> Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Apple Juice Pineapple Cups	<b>22 Baked Salmon with Cilantro Citrus Sauce</b> Egg Barley with Mushrooms Baby Carrots with Parsley Orange Orange Pineapple Juice	<b>23 Stewed Chicken Breast</b> Rice with Vegetables Steamed Spinach Fruit Cocktail Orange Juice
<b>24 Whole Wheat Pasta Primavera with Cheese</b> Sautéed Asparagus Steamed Carrots Apple Juice Canned Pineapple	<b>25 Black Bean and Sweet Potato Chili</b> White Rice Broccoli and Red Peppers Orange Pineapple Juice Pear	<b>26 Chicken Parmesan</b> Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Orange Juice Fruited Jell-O	<b>27 Italian Roasted Pork Tenderloin</b> Yellow Rice & Pigeon Peas California Blend Vegetables Orange Apple Juice	<b>28 Baked Breaded Chicken Cutlet</b> Baked Macaroni and Cheese Sautéed Spinach Healthy Strawberry & Applesauce OJ Pineapple Juice	<b>29 Coconut Curried Cod Fish</b> Yellow Rice California Blend Vegetables Kiwi Orange Juice	<b>30 Swiss Steak with Onions</b> Garlic Mashed Potatoes Steamed Carrots Apple Juice Fruit Cocktail