



**ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM**

2018 WINTER MENU

FROZEN REGULAR

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
HAPPY NEW YEAR 2018	1 CENTER CLOSED Will receive a meal from CMW between 12/18 & 12/22	2 Chicken with Peach Sauce Collard Greens with Tomato Roasted Potatoes Apple Orange Pineapple Juice	3 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Orange Juice Pear	4 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Apple Juice Canned Pineapple	5 Baked Salmon with Cilantro Citrus Sauce Egg Barley w/ Mushrooms Baby Carrots with Parsley OJ Pineapple Juice Orange	6 Stewed Chicken Breast Rice with Vegetables Steamed Spinach Fruit Cocktail Orange Juice
	7 Whole Wheat Pasta Primavera with Cheese Sautéed Asparagus Steamed Carrots Apple Juice Canned Pineapple	8 BBQ Boneless Beef Ribs Brown Rice Steamed Peas and Carrots Pear OJ Pineapple Juice	9 Chicken Parmesan Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Orange Juice Fruited Jell-O	10 Black Bean and Sweet Potato Chili White Rice Broccoli and Red Peppers Apple Juice Orange	11 Baked Breaded Chicken Cutlet Baked Macaroni & Cheese Sautéed Spinach Pineapple Juice Plum	12 Fish with Creole Sauce Yellow Rice California Blend Vegetables Kiwi Orange Juice
14 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Canned Mandarins Orange Pineapple Juice	15 CENTER CLOSED Will receive a meal from CMW 2/8 & 2/13	16 Chicken Chasseur Baked Potatoes Steamed Kale Apple Juice Tangerine	17 Baked Ziti w/ Meat Sauce Cauliflower with Carrots and Parsley Sautéed Asparagus OJ Pineapple Juice Fruit Cocktail	18 Cranberry Chicken Corn Steamed Spinach Orange Juice Fruited Jell-O	19 Baked Tilapia Light Basil Cream Sauce Broccoli and Red Peppers Red Bliss Potatoes Apple Juice Orange	20 Homemade Tomato Sauce Stuffed Shells (Pre-Prepared) Sautéed Zucchini Steamed Green Beans Canned Pear OJ Pineapple Juice
21 Honey Mustard Chicken Breast Baked Brown Rice Pilaf Steamed Peas and Carrots Orange Juice Sliced Peaches	22 Beef & Broccoli Brown Rice Oriental Blend Apple Orange Juice	23 Hawaiian Chicken legs Baked Sweet Potato Oriental Blend Canned Mandarins Orange Pineapple Juice	24 Roast Beef Baked Potatoes Steamed Green Beans Fruit Cocktail Orange Pineapple Juice	25 Rosemary Chicken Roasted Potatoes California Blend Vegetables Apple Juice Pear	26 Baked Breaded Fresh Fish w/ Tartar Sauce Roasted Vegetable Couscous Prince Edwards Blend Vegetables OJ Pineapple Juice Fruit Cocktail	27 Chicken Fricassee White Rice Steamed Carrots Apple Orange Juice
28 Baked Salmon Baked Red Potato Wedges Carrots and Raisins Apple Juice Canned Mandarins	29 Stewed Beef Mixed Vegetables Smashed Red Potatoes Apple Orange Pineapple Juice	30 Spanish Style Baked Chicken Cuban Style Brown Rice Steamed Green Beans Orange Juice Fruited Jell-O	31 Beef Salisbury Steak with Mushroom Sauce Penne Zucchini with Onions and Peppers Apple Juice Fruit Cocktail	FROZEN REGULAR MENU JANUARY 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
FROZEN REGULAR MENU FEBRUARY 2018				1 Baked Breaded Chicken Cutlet Baked Sweet Potato Steamed Spinach Orange Pineapple Juice Pear	2 Parmesan Baked Tilapia Couscous with Peas and Lemon Prince Edward Blend Vegetables Cantaloupe Orange Juice Canned Pineapple	3 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Apple Juice Canned Mandarins
4 Lentil Stew with Carrots and Turnips Vegetarian Brown Rice Steamed Broccoli Orange Pineapple Juice Applesauce	5 Swiss Steak with Onions White Rice Stewed Beans Apple Orange Juice	6 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Apple Juice Pear	7 Sofrito Steak Brown Rice Steamed Peas and Carrots Orange Pineapple Juice Orange	8 BBQ Chicken Leg Quarters Boiled Southern Greens Roasted Potatoes Orange Juice Fruited Jell-O	9 Baked Tilapia Creole Sauce Brown Rice Steamed Broccoli Tangerine Apple Juice	10 Beef Salisbury Steak with Mushroom Sauce California Blend Vegetables Instant Mashed Potatoes OJ Pineapple Juice Canned Pear
11 Vegetable Baked Ziti with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Sliced Peaches Orange Juice	12 Chili con Carne White Rice Steamed Broccoli Apple Juice Sliced Peaches	13 Chicken with Peach Sauce Collard Greens with Tomato Roasted Potatoes Orange Pineapple Juice Apple	14 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Pear Orange Juice	15 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Apple Juice Canned Pineapple	16 Baked Salmon with Cilantro Citrus Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Orange OJ Pineapple Juice	17 Stewed Chicken Breast Rice with Vegetables Steamed Spinach Fruit Cocktail Orange Juice
18 Whole Wheat Pasta Primavera with Cheese Sautéed Asparagus Steamed Carrots Apple Juice Canned Pineapple	19 CENTER CLOSED Will receive a Holiday Box between 2/1 & 2/17	20 Chicken Parmesan Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Fruited Jell-O Orange Juice	21 Black Bean and Sweet Potato Chili White Rice Broccoli and Red Peppers Orange Apple Juice	22 Baked Breaded Chicken Cutlet Baked Macaroni & Cheese Sautéed Spinach OJ Pineapple Juice Plum	23 Fish with Creole Sauce Yellow Rice California Blend Vegetables Kiwi Orange Juice	24 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Apple Juice
25 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach OJ Pineapple Juice Canned Mandarins	26 BBQ Boneless Beef Ribs Brown Rice Steamed Peas and Carrots Pear Orange Pineapple Juice	27 Chicken Chasseur Baked Potatoes Steamed Kale Apple Juice Tangerine	28 Roast Beef Baked Potatoes Steamed Green Beans Fruit Cocktail Orange Apple 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> <h2><u>FROZEN REGULAR MENU</u></h2>				1 Cranberry Chicken Corn Steamed Spinach Orange Juice Fruited Jell-O	2 Baked Tilapia Light Basil Cream Sauce Broccoli and Red Peppers Red Bliss Potatoes Apple Juice Orange	3 Homemade Tomato Sauce Stuffed Shells (Pre-Prepared) Sautéed Zucchini Steamed Green Beans OJ Pineapple Juice Canned 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 Honey Mustard Chicken Breast Baked Brown Rice Pilaf Steamed Peas and Carrots Orange Juice Sliced Peached	5 Hungarian Goulash w/ Beef Egg Noodles Broccoli and Red Peppers Apple Juice Orange	6 Hawaiian Chicken legs Baked Sweet Potato Oriental Blend Canned Mandarins Orange Pineapple Juice	7 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Orange Juice Sliced Peached	8 Rosemary Chicken Roasted Potatoes California Blend Vegetables Apple Juice Pear	9 Baked Breaded Fresh Fish w/ Tartar Sauce Roasted Vegetable Couscous Prince Edwards Blend Vegetables OJ Pineapple Juice Fruit Cocktail	10 Chicken Fricassee White Rice Steamed Carrots Apple Orange Juice
11 Baked Salmon Baked Red Potato Wedges Carrots and Raisins apple Juice Canned Mandarin	12 Stewed Beef Mixed Vegetables Smashed Red Potatoes Apple OJ Pineapple Juice	13 Spanish Style Baked Chicken Cuban Style Brown Rice Steamed Green Beans Fruited Jell-O Orange Juice	14 Beef Salisbury Steak with Mushroom Sauce Penne Zucchini with Onions and Peppers Apple Juice Fruit Cocktail	15 Baked Breaded Chicken Cutlet Baked Sweet Potato Steamed Spinach OJ Pineapple Juice Pear	16 Parmesan Baked Tilapia Couscous with Peas and Lemon Prince Edward Blend Vegetables Canned Pineapple Orange Juice	17 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables apple Juice Canned Mandarin
18 Lentil Stew with Carrots and Turnips Vegetarian Brown Rice Steamed Broccoli Orange Pineapple Juice Applesauce	19 Swiss Steak with Onions White Rice Stewed Beans Apple Juice Sliced Peached	20 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Apple Juice Pear	21 Sofrito Steak Brown Rice Steamed Peas and Carrots	22 BBQ Chicken Leg Quarters Boiled Southern Greens Roasted Potatoes Orange Juice Fruited Jell-O	23 Baked Tilapia Creole Sauce Brown Rice Steamed Broccoli Tangerine Apple Juice	24 Beef Salisbury Steak with Mushroom Sauce California Blend Vegetables Instant Mashed Potatoes OJ Pineapple Juice Canned Pear
25 Vegetable Baked Ziti with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Orange Juice Sliced Peached	26 Chili con Carne White Rice Steamed Broccoli Apple Juice Sliced Peached	27 Chicken with Peach Sauce Collard Greens with Tomato Roasted Potatoes Apple OJ Pineapple Juice	28 Yankee Pot Roast Rosemary & Roast potatoes Steamed Carrots OJ Pineapple Juice Orange	29 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Apple Juice Canned Pineapple	30 CENTER CLOSED Will receive a Holiday Box between 3/1 & 3/29	31 Stewed Chicken Breast Rice with Vegetables Steamed Spinach Apple Juice Canned Pineapple