



ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM

2017 SPRING MENU

FROZEN REGULAR

APRIL, MAY, JUNE

239 West 49th 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

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
<u>FROZEN REGULAR MENU</u>						1 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Orange Pineapple Juice Pear
<u>APRIL 2017</u>						
<i>**Some menu items may be subject to change based on availability</i>						
2 Chickpea Stew Brown Rice Steamed Broccoli Orange Juice Sliced Peaches	3 Swedish Meatballs Bowtie Noodles Baby Carrots with Parsley Apple Juice Orange	4 Hawaiian Chicken Baked Sweet Potato Steamed Green Beans Applesauce Orange Pineapple Juice	5 Chickpea Stew Brown Rice Steamed Broccoli Orange Juice Sliced Peaches	6 Rosemary Chicken Roasted Potatoes California Blend Vegetables Apple Juice Fruited Jello	7 Baked Breaded Fresh Fish Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Fruit Cocktail Orange Pineapple Juice	8 Stewed Chicken Rice with Vegetables Steamed Green Beans Apple Orange Juice
9 Pasta Primavera with Cheese Sauteed Asparagus Steamed Carrots Apple Juice Pear	10 Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Apple Orange Pineapple Juice	11 Spanish Style Baked Chicken Cuban Style Yellow Rice Steamed Green Beans Orange Juice Fruited Jello	12 Homemade Beef Stew Mixed Vegetables Red Bliss Potatoes Apple Juice Orange	13 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Orange Pineapple Juice Pear	14 <u>CENTER CLOSED</u> Will receive a Holiday box funded by Citymeals on wheels between 3/9/17-4/13/17	15 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Apple Juice Canned Mandarins
16 Baked Fish with Cream Sauce Corn Steamed Carrots Applesauce Orange Pineapple Juice	17 Stewed Pork Chops White Rice Steamed Vegetables Apple Orange Juice	18 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Apple Juice Pear	19 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Applesauce Orange Pineapple Juice	20 BBQ Chicken Roasted Potatoes Mixed Greens Orange Juice Fruited Jello	21 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta with Broccoli Baby Carrots with Parsley Apple Juice Fruit Cocktail	22 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes California Blend Vegetables Canned Pears Orange Pineapple Juice
23 Baked Chicken Legs w/ Brown Gravy Pasta Fagoli Steamed Carrots Canned Pineapple Orange Juice	24 Chili con Carne White Rice Steamed Green Beans Apple Juice Sliced Peaches	25 Chicken Fricassee Roasted Potatoes Collard Greens with Tomato Apple Orange Pineapple Juice	26 Roast Beef Baked Potatoes Steamed Green beans Peaches Cup Orange Pineapple Juice	27 Turkey Meatballs w/ Tomato Sauce Pasta Steamed Broccoli Apple Juice Canned Pineapple	28 Parmesan Baked Fish Couscous with Peas and Lemon Diced Beets with Onions Orange Orange Pineapple Juice	29 Stuffed Shells (Pre-Prepared)w/ Tomato Sauce Sautéed Zucchini Steamed Green Beans Fruit Cocktail Orange Juice
30 Chicken Chasseur , Mashed Potatoes, Steamed Kale Apple Juice Canned Mandarins	<i>All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice.</i>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Homemade Beef Stew Brown Rice Steamed Peas and Carrots Canned Pineapple Orange Pineapple Juice	2 Chicken (Cutlet) Parmesan Spaghetti Tomato Sauce Italian Blend Vegetables Fruit Cocktail Orange Juice	3 Black Bean and Sweet Potato Chili (Vegetarian) White Rice Broccoli and Red Peppers Apple Juice Pear	4 Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Orange Pineapple Juice	5 Baked Tilapia Light Basil Cream Sauce Red Bliss Potatoes California Blend Vegetables Orange Juice Sliced Peaches	6 Spaghetti w/Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Orange
7 Baked Salmon Kashmir Rice Sauteed Spinach Canned Mandarins Orange Pineapple Juice	8 Italian Meatballs w/Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Juice	9 Honey Mustard Chicken Rice Pilaf Sautéed String Beans Apple Juice Canned Mandarins	10 Baked Ziti with Meat Sauce Cauliflower with Carrots and Parsley Sauteed Asparagus Fruit Cocktail Orange Pineapple Juice	11 Cranberry Chicken Corn Steamed Green Beans Orange Juice Fruited Jell-O	12 Oven Fried Fish Yellow Rice Broccoli and Red Peppers Apple Juice Orange	13 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Orange Pineapple Juice Pear
14 Lentil Stew with Carrots and Turnips (Vegetarian) Brown Rice Steamed Broccoli Orange Juice Sliced Peaches	15 Swedish Meatballs In Brown Gravy Bowtie Noodles Baby Carrots with Parsley Apple Juice Orange	16 Hawaiian Chicken Baked Sweet Potato Steamed Green Beans Applesauce Orange Pineapple Juice	17 Chickpea Stew (vegetarian) Brown Rice Steamed Broccoli Orange Juice Sliced Peaches	18 Rosemary Chicken Roasted Potatoes California Blend Vegetables Apple Juice Fruited Jell-O	19 Baked Breaded Fish Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Fruit Cocktail Orange Pineapple Juice	20 Stewed Chicken Rice with Vegetables Steamed Green Beans Apple Orange Juice
21 Pasta Primavera with Cheese (Vegetarian) Sauteed Asparagus Steamed Carrots Apple Juice Pear	22 Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Apple Orange Pineapple Juice	23 Spanish Style Baked Chicken Cuban Style Yellow Rice Steamed Green Beans Orange Juice Fruited Jell-O	24 Yankee Pot Roast Garlic & Rosemary Roasted Potatoes Steamed Carrots Apple Juice Orange	25 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Orange Pineapple Juice Pear	26 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta with Broccoli Baby Carrots with Parsley Canned Pineapple Orange Juice	27 Chicken (Cutlet) Parmesan Whole Wheat Spaghetti California Blend Vegetables Apple Juice Canned Mandarins
28 Baked Fish with Cream Sauce Corn Steamed Carrots Applesauce Orange Pineapple Juice	29 CENTER CLOSED You will receive a meal funded by Citymeals on wheels Aging anytime between 5/19/17-5/26/17	30 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Apple Juice Pear	31 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Applesauce Orange Pineapple Juice	<u>FROZEN REGULAR MENU</u> <u>May 2017</u> <i>**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.</i>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FROZEN REGULAR MENU <u>JUNE 2017</u> <i>**Some menu items may be subject to change based on availability</i> <i>All Meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free</i> <i>Margarine, & Vitamin C Enriched fruit juice.</i>				1 BBQ Chicken Roasted Potatoes Mixed Greens Orange Juice Fruited Jell-O	2 Baked Tilapia Creole Sauce Brown Rice Steamed Broccoli Apple Juice Fruit Cocktail	3 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes California Blend Vegetables Canned Pears Orange Pineapple Juice
4 Baked Chicken Legs Brown Gravy Pasta Fagoli Steamed Carrots Canned Pineapple Orange Juice	5 Stewed Pork Chops (Chicken Sub Available) White Rice Steamed Vegetables Sliced Peaches Orange Juice	6 Chicken Fricassee Roasted Potatoes Collard Greens with Tomato Apple Orange Pineapple Juice	7 Country Style Pepper Steak Brown Rice Steamed Peas and Carrots Orange Juice Pear	8 Turkey Meatballs W/ Tomato Sauce Pasta Steamed Broccoli Apple Juice Canned Pineapple	9 Parmesan Baked Fish Couscous with Peas and Lemon Diced Beets with Onions Orange Orange Pineapple Juice	10 Stuffed Shells (Pre- Prepared)w/Tomato Sauce (vegetarian) Sautéed Zucchini Steamed Green Beans Fruit Cocktail Orange Juice
11 Chicken Chasseur Mashed Potatoes Steamed Kale Apple Juice Canned Mandarins	12 Homemade Beef Stew Brown Rice Steamed Peas and Carrots Canned Pineapple Orange Pineapple Juice	13 Chicken (Cutlet) Parmesan Spaghetti Tomato Sauce Italian Blend Vegetables Fruit Cocktail Orange Juice	14 Black Bean and Sweet Potato Chili (Vegetarian) White Rice Broccoli and Red Peppers Apple Juice Pear	15 Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Orange Pineapple Juice	16 Baked Tilapia Light Basil Cream Sauce Red Bliss Potatoes California Blend Vegetables Orange Juice Sliced Peaches	17 Spaghetti w/Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Orange
18 Baked Salmon Kashmir Rice Sauteed Spinach Canned Mandarins Orange Pineapple Juice	19 Italian Meatballs w/Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Juice	20 Honey Mustard Chicken Rice Pilaf Sautéed String Beans Apple Juice Canned Mandarins	21 Baked Ziti w/ Meat Sauce Cauliflower with Carrots and Parsley Sauteed Asparagus Fruit Cocktail Orange Pineapple Juice	22 Cranberry Chicken Corn Steamed Green Beans Orange Juice Fruited Jell-O	23 Oven Fried Fish Yellow Rice Broccoli and Red Peppers Apple Juice Orange	24 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Orange Pineapple Juice Pear
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