



ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM

2017 SUMMER MENU

FROZEN REGULAR

JULY, AUGUST, SEPTEMBER

239 West 49th Street, New York, NY 10029
212-581-2910 (press option #4; oprima opcion #4)

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
FROZEN REGULAR MENU JULY 2017						1 Stewed Chicken Rice w/ vegetables Green Beans Pears Cups & Pineapple
2 Pasta Primavera w/Cheese (Vegetarian) Sauteed Asparagus Steamed Carrots Orange Juice Peaches Cups	3 Salisbury Steak w/Mushroom Gravy Mashed Potatoes Zucchini w/Corn & Tomatoes Apple Juice Orange	4 CENTER CLOSED You Will receive a Citymeals On Wheels Holiday Box	5 Beef Stew Red Bliss Potatoes Mixed vegetables Orange Juice Peaches Cups	6 Southern Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Apple Juice Fruit Jello	7 Baked Salmon w/Cilantro Citrus Sauce Pesto Pasta w/Broccoli Baby Carrots w/ Parsley Cantaloupe Orange Pineapple Juice	8 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Apple Juice Mandarins Cups
9 Baked Fish with Cream Sauce Corn Steamed Carrots Apple Juice Pear	10 Stewed Pork Chops (Chicken Sub Available) White Rice Steamed Vegetables Apple & Orange Pineapple Juice	4 Spanish Baked Chicken Cuban Yellow Rice Steamed Green Beans Banana Orange Pineapple Juice	12 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Apple Juice Orange	13 BBQ Chicken Roasted Potatoes Mixed Greens Orange Pineapple Juice Pear	14 Baked Tilapia Creole Sauce Brown Rice Steamed Broccoli Pineapple Tidbits Orange Juice	15 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes California Blend Vegetables Apple Juice Mandarins Cups
16 Baked Chicken Legs Brown Gravy Pasta Fagoli Steamed Carrots Applesauce Orange Pineapple Juice	17 Chili con Carne White Rice Steamed Green Beans Apple Orange Juice	18 Chicken Fricassee Roasted Potatoes Collard Greens with Tomato Apple Juice Pear	19 Pepper Steak Brown Rice Steamed Peas and Carrots Banana Orange Pineapple Juice	20 Turkey Meatballs w/Tomato Sauce Pasta Steamed Broccoli Orange Juice Fruited Jello	21 Parmesan Baked Fish Couscous with Peas and Lemon Diced Beets with Onions Apple Juice Cantaloupe	22 Stuffed Shells w/Tomato Sauce Sautéed Zucchini Steamed Green Beans Pears Cups Orange Pineapple Juice
23 Chicken Chasseur Mashed Potatoes Steamed Kale Pineapple Tidbits Orange Juice	24 Beef Stew Brown Rice Steamed Peas and Carrots Apple Juice Peaches Cups	25 Chicken Parmesan Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	26 Roast Beef Baked Potatoes Steamed Green Beans Orange Juice Pear	27 Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Juice Pineapple Tidbits	28 Baked Tilapia Light Basil Cream Sauce Red Bliss Potatoes California Blend Vegetables Orange Orange Pineapple Juice	29 Spaghetti w/ Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Fruit Cocktail Orange Juice
30 Baked Salmon Kashmir Rice Sauteed Spinach Apple Juice & Mandarins Cups		31 Italian Meatballs w/Tomato Sauce Spaghetti & Italian Blend Vegetables Pineapple Cups & Orange Pineapple Juice		<i>**Some menu items may be subject to change based on availability</i> <i>Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat</i>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>FROZEN REGULAR MENU</u> <u>AUGUST 2017</u>		1 Honey Mustard Chicken Cutlets Rice Pilaf Sautéed String Beans Fruit Cocktail Orange Juice	2 Baked Ziti with Meat Sauce Cauliflower with Carrots and Parsley Sautéed Asparagus Apple Juice Pear	3 Cranberry Chicken Corn Steamed Green Beans Banana Orange Pineapple Juice	4 Oven Fried Fish Yellow Rice Broccoli and Red Peppers Cantaloupe Orange Juice	5 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Apple Juice Fruited Jello
6 Lentil Stew with Carrots and Turnips (Vegetarian) Brown Rice Steamed Broccoli Mandarins Cups Orange Pineapple Juice	7 Swedish Meatballs w/Brown Gravy Bowtie Noodles Baby Carrots with Parsley Apple Orange Juice	8 Hawaiian Chicken Legs Baked Sweet Potato Broccoli and Red Peppers Apple Juice Banana	9 Chickpea Stew Brown Rice Steamed Broccoli Fruit Cocktail Orange Pineapple Juice	10 Rosemary Chicken Roasted Potatoes California Blend Vegetables Orange Juice Fruited Jello	11 Baked Breaded Fish Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Apple Juice Orange	12 Stewed Chicken Breast Rice with Vegetables Steamed Green Beans Pears Cups Orange Pineapple Juice
13 Pasta Primavera with Cheese (Vegetarian) Sautéed Asparagus Steamed Carrots Orange Juice Peaches Cups	14 Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Apple Juice Orange	15 Spanish Style Baked Chicken Cuban Style Yellow Rice Banana Orange Pineapple Juice	16 Italian Roasted Pork Tenderloin (Chicken Sub Available) Mashed Sweet Potatoes California Blend Vegetables Orange Juice	17 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Apple Juice Fruited Jello	18 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta with Broccoli Baby Carrots with Parsley Cantaloupe Orange Pineapple Juice	19 Chicken Parmesan Spaghetti California Blend Vegetables Apple Orange Juice
20 Baked Fish with Cream Sauce Corn Steamed Carrots Apple Juice Pear	21 Stewed Pork Chops (Chicken Sub Available) White Rice Steamed Vegetables Apple & Orange Pineapple Juice	22 Oven Fried Chicken Red Bliss Potatoes Steamed green Beans Orange Juice Fruited Jello	23 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Apple Juice Orange	24 BBQ Chicken Roasted Potatoes Mixed Greens Orange Pineapple Juice Pear	25 Baked Tilapia Creole Sauce Brown Rice Steamed Broccoli Pineapple Tidbits Orange Juice	26 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes California Blend Vegetables Apple Juice Mandarins Cups
27 Baked Chicken Legs w/Brown Gravy Pasta Fagoli Steamed Carrots Applesauce Orange Pineapple Juice	28 Chili con Carne White Rice Steamed Green Beans Apple Orange Juice	29 Chicken Fricassee Roasted Potatoes Collard Greens with Tomato Apple Juice Pear	30 Pepper Steak Brown Rice Steamed Peas and Carrots Banana Orange Pineapple Juice	31 Turkey Meatballs w/ Tomato Sauce Pasta Steamed Broccoli Orange Juice Fruited Jello	<i>**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</i>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1><u>FROZEN REGULAR MENU</u></h1> <h2><u>SEPTEMBER 2017</u></h2> <p><i>**Some menu items may be subject to change based on availability</i></p> <p><i>Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</i></p>					1 Parmesan Baked Fish Couscous with Peas and Lemon Diced Beets with Onions Apple Juice Cantaloupe	2 Stuffed Shells w/Tomato Sauce Sautéed Zucchini Steamed Green Beans Pears Cups Orange Pineapple Juice
3 Chicken Chasseur Mashed Potatoes Steamed Kale Pineapple Tidbits Orange Juice	4 <p style="text-align: center;"><u>CENTER</u> <u>CLOSED</u></p> <p style="text-align: center;">You will receive a Citymeals On Wheels Holiday Box</p>	5 Chicken Parmesan Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	6 Roast Beef Baked Potatoes Steamed Green Beans Orange Juice Pear	7 Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Juice Pineapple Tidbits	8 Baked Tilapia Light Basil Cream Sauce Red Bliss Potatoes California Blend Vegetables Orange Orange Pineapple Juice	9 Spaghetti w/ Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Fruit Cocktail Orange Juice
10 Baked Salmon Kashmir Rice Sauteed Spinach Orange Pineapple Juice Mandarins Cups	11 Beef Stew Brown Rice Steamed Peas and Carrots Apple Juice Peaches Cups	12 Honey Mustard Chicken Cutlets Rice Pilaf Sautéed String Beans Fruit Cocktail Orange Juice	13 Baked Ziti with Meat Sauce Cauliflower with Carrots and Parsley Sauteed Asparagus Apple Juice Pear	14 Cranberry Chicken Corn Steamed Green Beans Banana Orange Pineapple Juice	15 Oven Fried Fish Yellow Rice Broccoli and Red Peppers Cantaloupe Orange Juice	16 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Apple Juice Fruited Jello
17 Lentil Stew with Carrots and Turnips (Vegetarian) Brown Rice Steamed Broccoli Mandarins Cups Orange Pineapple Juice	18 Swedish Meatballs w/Brown Gravy Bowtie Noodles Baby Carrots with Parsley Apple Orange Juice	19 Hawaiian Chicken Legs Baked Sweet Potato Broccoli and Red Peppers Apple Juice Banana	20 Chickpea Stew Brown Rice Steamed Broccoli Fruit Cocktail Orange Pineapple Juice	21 Rosemary Chicken Roasted Potatoes California Blend Vegetables Orange Juice Fruited Jello	22 Baked Breaded Fish Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Apple Juice Orange	23 Stewed Chicken Breast Rice with Vegetables Steamed Green Beans Pears Cups Orange Pineapple Juice
24 Pasta Primavera with Cheese (Vegetarian) Sauteed Asparagus Steamed Carrots Orange Juice Peaches Cups	25 Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Apple Juice Orange	26 Spanish Style Baked Chicken Cuban Style Yellow Rice Banana Orange Pineapple Juice	27 Italian Roasted Pork Tenderloin (Chicken Sub Available) Mashed Sweet Potatoes California Blend Vegetables Orange Juice Peaches Cups	28 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Apple Juice Fruited Jello	29 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta with Broccoli Baby Carrots with Parsley Cantaloupe Orange Pineapple Juice	30 Chicken Parmesan Spaghetti California Blend Vegetables Apple Orange Juice