



**ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM**

2018 SPRING MENU

HOT REGULAR

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