



**ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM**

2017 SUMMER MENU

HOT 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 |
|---|---|---|--|--|--|---|
| <u>HOT REGULAR MENU</u> <u>JULY 2017</u> | | | | | | 1 Chicken Parmesan Spaghetti California Blend Vegetables Apple & Orange Juice |
| 2 Baked Fish with Cream Sauce Corn Steamed Carrots Apple Juice Pear | 3 Stewed Pork Chops (Chicken Sub Available) White Rice Steamed Vegetables Apple & Orange Pineapple Juice | 4 <u>CENTER CLOSED</u> You will receive a Citymeals On Wheels Holiday Box | 5 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Apple Juice Orange | 6 BBQ Chicken Roasted Potatoes Mixed Greens Orange Pineapple Juice Pear | 7 Baked Tilapia Creole Sauce Brown Rice Steamed Broccoli Pineapple Tidbits Orange Juice | 8 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes California Blend Vegetables Apple Juice Mandarins Cups |
| 9 Baked Chicken Legs Brown Gravy Pasta Fagoli Steamed Carrots Applesauce Orange Pineapple Juice | 10 Chili con Carne White Rice Steamed Green Beans Apple Orange Juice | 11 Chicken Fricassee Roasted Potatoes Collard Greens with Tomato Apple Juice Pear | 12 Pepper Steak Brown Rice Steamed Peas and Carrots Banana Orange Pineapple Juice | 13 Turkey Meatballs w/Tomato Sauce Pasta Steamed Broccoli Orange Juice Fruited Jello | 14 Parmesan Baked Fish Couscous with Peas and Lemon Diced Beets with Onions Apple Juice Cantaloupe | 15 Stuffed Shells w/Tomato Sauce Sautéed Zucchini Steamed Green Beans Pears Cups Orange Pineapple Juice |
| 16 Chicken Chasseur Mashed Potatoes Steamed Kale Pineapple Tidbits Orange Juice | 17 Beef Stew Brown Rice Steamed Peas and Carrots Apple Juice Peaches Cups | 18 Chicken Parmesan Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice | 19 Roast Beef Baked Potatoes Steamed Green Beans Orange Juice Pear | 20 Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Juice Pineapple Tidbits | 21 Baked Tilapia Light Basil Cream Sauce Red Bliss Potatoes California Blend Vegetables Orange Orange Pineapple Juice | 22 Spaghetti w/Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Fruit Cocktail Orange Juice |
| 23 Baked Salmon Kashmir Rice Sauteed Spinach Apple Juice Mandarins Cups | 24 Italian Meatballs w/Tomato Sauce Spaghetti Italian Blend Vegetables Pineapple Cups Orange Pineapple Juice | 25 Honey Mustard Chicken Rice Pilaf Sautéed String Beans Fruit Cocktail Orange Juice | 26 Baked Ziti with Meat Sauce Cauliflower with Carrots and Parsley Sauteed Asparagus Apple Juice Pear | 27 Cranberry Chicken Corn Steamed Green Beans Banana Orange Pineapple Juice | 28 Oven Fried Fish Yellow Rice Broccoli and Red Peppers Cantaloupe Orange Juice | 29 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Apple Juice Fruited Jello |
| 30 Lentil Stew w/ Carrots & Turnips Veg. Brown Rice & Steamed Broccoli Mandarin Cups & Orange Pineapple Juice | | 31 Swedish Meatballs w/Brown Gravy Noodles & Baby Carrots w/Parsley Apple & Orange Juice | | <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 juice</i> | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|---|
| <u>HOT REGULAR MENU</u> <u>AUGUST 2017</u> | | 1 Hawaiian Chicken Baked Sweet Potato Broccoli and Red Peppers Apple Juice Banana | 2 Chickpea Stew (Vegetarian) Brown Rice Steamed Broccoli Fruit Cocktail Orange Pineapple Juice | 3 Rosemary Chicken Roasted Potatoes California Blend Vegetables Orange Juice Fruited Jello | 4 Baked Breaded Fish w/ Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Apple Juice Orange | 5 Stewed Chicken Rice with Vegetables Steamed Green Beans Pears Cups Orange Pineapple Juice |
| 6 Pasta Primavera with Cheese (Vegetarian) Sauteed Asparagus Steamed Carrots Orange Juice Peaches Cups | 7 Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Apple Juice Orange | 8 Spanish Style Baked Chicken Cuban Style Yellow Rice Steamed Green Beans Banana Orange Pineapple Juice | 9 Beef Stew Red Bliss Potatoes Mixed Vegetables Orange Juice Peaches Cups | 10 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Apple Juice Fruited Jello | 11 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta with Broccoli Baby Carrots with Parsley Cantaloupe Orange Pineapple Juice | 12 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Apple Orange Juice |
| 13 Baked Fish with Cream Sauce Corn Steamed Carrots Apple Juice Pear | 14 Stewed Pork Chops (chicken Sub Available) White Rice Steamed Vegetables Apple Orange Pineapple Juice | 15 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Orange Juice Fruited Jello | 16 Yankee Pot Roast Garlic and Rosemary Roasted Potatoes Steamed Carrots Orange Juice Peaches Cups | 17 BBQ Chicken Roasted Potatoes Mixed Greens Orange Pineapple Juice Pear | 18 Baked Tilapia w/Creole Sauce Brown Rice Steamed Broccoli Pineapple Tidbits Orange Juice | 19 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes California Blend Vegetables Apple Juice Mandarins Cups |
| 20 Baked Chicken Legs w/Brown Gravy Pasta Fagoli Steamed Carrots Applesauce Orange Pineapple Juice | 21 Chili con Carne White Rice Steamed Green Beans Apple Orange Juice | 22 Chicken Fricassee Roasted Potatoes Collard Greens with Tomato Apple Juice Pear | 23 Pepper Steak Brown Rice Steamed Peas and Carrots Banana Orange Pineapple Juice | 24 Turkey Meatballs w/ Tomato Sauce Pasta Steamed Broccoli Orange Juice Fruited Jello | 25 Parmesan Baked Fish Couscous with Peas and Lemon Diced Beets with Onions Apple Juice Cantaloupe | 26 Stuffed Shells w/Tomato Sauce (Vegetarian) Sautéed Zucchini Steamed Green Beans Pears Cups Orange Pineapple Juice |
| 27 Chicken Chasseur Mashed Potatoes Steamed Kale Pineapple Tidbits Orange Juice | 28 Beef Stew Brown Rice Steamed Peas and Carrots Apple Juice Peaches Cups | 29 Chicken Parmesan w/Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice | 30 Black Bean and Sweet Potato Chili (Vegetarian) White Rice Broccoli and Red Peppers Orange Juice Pear | 31 Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Juice Pineapple Tidbits | <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 |
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| <h2><u>HOT REGULAR MENU</u></h2> <h3><u>SEPTEMBER 2017</u></h3> <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 Baked Tilapia Light Basil Cream Sauce Red Bliss Potatoes California Blend Vegetables Orange Orange Pineapple Juice | 2 Spaghetti w/ Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Fruit Cocktail Orange Juice |
| 3 Baked Salmon Kashmir Rice Sauteed Spinach Apple Juice Mandarins Cups | 4 CENTER CLOSED You will receive a Citymeals On Wheels Holiday box | 5 Honey Mustard Chicken Cutlets Rice Pilaf Sautéed String Beans Fruit Cocktail Orange Juice | 6 Baked Ziti with Meat Sauce Cauliflower with Carrots and Parsley Sauteed Asparagus Apple Juice Pear | 7 Cranberry Chicken Corn Steamed Green Beans Banana Orange Pineapple Juice | 8 Oven Fried Fish Yellow Rice Broccoli and Red Peppers Cantaloupe Orange Juice | 9 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Apple Juice Fruited Jello |
| 10 Lentil Stew with Carrots and Turnips (Vegetarian) Brown Rice Steamed Broccoli Mandarins Cups Orange Pineapple Juice | 11 Swedish Meatballs w/Brown Gravy Bowtie Noodles Baby Carrots with Parsley Apple Orange Juice | 12 Hawaiian Chicken Legs Baked Sweet Potato Broccoli and Red Peppers Apple Juice Banana | 13 Chickpea Stew Brown Rice Steamed Broccoli Fruit Cocktail Orange Pineapple Juice | 14 Rosemary Chicken Roasted Potatoes California Blend Vegetables Orange Juice Fruited Jello | 15 Baked Breaded Fish Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Apple Juice Orange | 16 Stewed Chicken Breast Rice with Vegetables Steamed Green Beans Pears Cups Orange Pineapple Juice |
| 17 Pasta Primavera with Cheese (Vegetarian) Sauteed Asparagus Steamed Carrots Orange Juice Peaches Cups | 18 Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Apple Juice Orange | 19 Spanish Style Baked Chicken Cuban Style Yellow Rice Banana Orange Pineapple Juice | 20 Italian Roasted Pork Tenderloin (Chicken Sub Available) Mashed Sweet Potatoes California Blend Vegetables Orange Juice Peaches Cups | 21 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Apple Juice Fruited Jello | 22 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta with Broccoli Baby Carrots with Parsley Cantaloupe Orange Pineapple Juice | 23 Chicken Parmesan Spaghetti California Blend Vegetables Apple Orange Juice |
| 24 Baked Fish with Cream Sauce Corn Steamed Carrots Apple Juice Pear | 25 Stewed Pork Chops (Chicken Sub Available) White Rice Steamed Vegetables Apple & Orange Pineapple Juice | 26 Oven Fried Chicken Red Bliss Potatoes Steamed green Beans Orange Juice Fruited Jello | 27 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Apple Juice Orange | 28 BBQ Chicken Roasted Potatoes Mixed Greens Orange Pineapple Juice Pear | 29 Baked Tilapia Creole Sauce Brown Rice Steamed Broccoli Pineapple Tidbits Orange Juice | 30 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes California Blend Vegetables Apple Juice Mandarins Cups |