



ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM

2017 SPRING MENU

HOT 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>HOT REGULAR MENU</u>						1 Stewed Chicken Rice w/ Vegetables Steamed Broccoli Pear cups Orange-pineapple Juice
<u>APRIL 2017</u>						
2 Pasta Primavera with Cheese Sautéed Asparagus Orange Juice Peaches cups	3 Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Apple Juice Orange	4 Spanish Style Baked Chicken Cuban Style Yellow Rice Steamed Green Beans Banana Orange Pineapple Juice	5 Homemade Beef Stew Red Bliss Potatoes Mixed Vegetables Orange Juice Sliced Peaches	6 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Apple Juice Fruited Jello	7 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta with Broccoli Baby Carrots with Parsley Cantaloupe Orange Pineapple Juice	8 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Apple Orange Juice
9 Baked Fish with Cream Sauce Corn Steamed Carrots Apple Juice Pear	10 Stewed Pork Chops White Rice Steamed Vegetables Apple Orange Pineapple Juice	11 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Orange Juice Fruited Jello	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 CENTER CLOSED You will receive a Citymeals on wheels Holiday Box	15 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes California Blend Vegetables Apple Juice Canned Mandarins
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 Roast Beef Baked Potatoes Steamed Green Beans Orange Pineapple Juice Peaches cups	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 (Pre-Prepared) w/Tomato Sauce Sautéed Zucchini Steamed Green Beans Canned Pears Orange Pineapple Juice
23 Chicken Chasseur Mashed Potatoes Steamed Kale Canned Pineapple Orange Juice	24 Homemade Beef Stew Brown Rice Steamed Peas and Carrots Apple Juice Sliced Peaches	25 Chicken Parmesan Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	26 Black Bean and Sweet Potato Chili White Rice Broccoli and Red Peppers Orange Juice Pear	27 Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Juice Canned Pineapple	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 Sautéed Spinach Apple Juice Canned Mandarins	<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 Margarine, & Vitamin C Enriched fruit juice.</i>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Italian Meatballs w/Tomato Sauce Spaghetti Italian Blend Vegetables Pineapple tidbits Orange Pineapple Juice	2 Honey Mustard Chicken Rice Pilaf Sautéed String Beans Fruit Cocktail Orange Juice	3 Baked Ziti with Meat Sauce Cauliflower with Carrots and Parsley Sautéed Asparagus Apple Juice Pear	4 Cranberry Chicken Corn Steamed Green Beans Banana Orange Pineapple Juice	5 Oven Fried Fish Yellow Rice Broccoli and Red Peppers Cantaloupe Orange Juice	6 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Apple Juice Fruited Jello
7 Lentil Stew w/ Carrots & Turnips (Vegetarian) Brown Rice Steamed Broccoli Mandarins cups Orange Pineapple Juice	8 Swedish Meatballs w/ Brown Gravy Bowtie Noodles Baby Carrots with Parsley Apple Orange Juice	9 Hawaiian Chicken Baked Sweet Potato Broccoli and Red Peppers Apple Juice Banana	10 Chickpea Stew (Vegetarian) Brown Rice Steamed Broccoli Fruit Cocktail Orange Pineapple Juice	11 Rosemary Chicken Roasted Potatoes California Blend Vegetables Orange Juice Fruited Jell-O	12 Baked Breaded Fish w/Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Apple Juice Orange	13 Stewed Chicken Rice with Vegetables Steamed Green Beans Canned Pears Orange Pineapple Juice
14 Pasta Primavera with Cheese (Vegetarian) Sautéed Asparagus Steamed Carrots Orange Juice Peaches cups	15 Salisbury Steak with Mushroom Gravy Homemade Mashed Potatoes Zucchini with Corn and Tomatoes Apple Juice Orange	16 Spanish Style Baked Chicken Cuban Style Yellow Rice Steamed Green Beans Banana Orange Pineapple Juice	17 Yankee Pot Roast Garlic and Rosemary Roasted Potatoes Steamed Carrots Orange Juice Peaches cups	18 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Apple Juice Fruited Jell-O	19 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta with Broccoli Baby Carrots with Parsley Cantaloupe Orange Pineapple Juice	20 Chicken Parmesan (Cutlets) Whole Wheat Spaghetti California Blend Vegetables Apple Orange Juice
21 Baked Fish with Cream Sauce Corn Steamed Carrots Apple Juice Pear	22 Stewed Pork Chops (Chicken Sub Available) White Rice Steamed Vegetables Apple Orange Pineapple Juice	23 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Orange Juice Fruited Jell-O	24 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Apple Juice Orange	25 BBQ Chicken Roasted Potatoes Mixed Greens Orange Pineapple Juice Pear	26 Baked Tilapia w/Creole Sauce Brown Rice Steamed Broccoli Pineapple tidbits Orange Juice	27 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes California Blend Vegetables Apple Juice Mandarins cups
28 Baked Chicken Legs w/Brown Gravy Pasta Fagoli Steamed Carrots Applesauce Orange Pineapple Juice	29 CENTER CLOSED You will receive a meal funded by Citymeals on wheels anytime between 5/19/17-5/26/17	30 Chicken Fricassee Roasted Potatoes Collard Greens with Tomato Apple Juice Pear	31 Country Style Pepper Steak Brown Rice Steamed Peas and Carrots Banana Orange Pineapple Juice	<u>HOT REGULAR MENU</u> <u>May 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 Margarine, & Vitamin C Enriched fruit juice.</i>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>HOT REGULAR MENU</u> <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 Turkey Meatballs w/Tomato Sauce Pasta Steamed Broccoli Orange Juice Fruited Jell-O	2 Parmesan Baked Fish Couscous with Peas and Lemon Diced Beets with Onions Apple Juice Cantaloupe	3 Stuffed Shells (Pre-Prepared) w/Tomato Sauce (Vegetarian) Sautéed Zucchini Steamed Green Beans Pears cups Orange Pineapple Juice
4 Chicken Chasseur Mashed Potatoes Steamed Kale Pineapple tidbits Orange Juice	5 Homemade Beef Stew Brown Rice Steamed Peas and Carrots Apple Juice Sliced Peaches	6 Chicken Parmesan w/Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	7 Black Bean and Sweet Potato Chili (Vegetarian) White Rice Broccoli and Red Peppers Orange Juice Pear	8 Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Juice Canned Pineapple	9 Baked Tilapia Light Basil Cream Sauce Red Bliss Potatoes California Blend Vegetables Orange Orange Pineapple Juice	10 Spaghetti w/Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Fruit Cocktail Orange Juice
11 Baked Salmon Kashmir Rice Sautéed Spinach Apple Juice Mandarins Cups	12 Italian Meatballs w/Tomato Sauce Spaghetti Italian Blend Vegetables Pineapple tidbits Orange Pineapple Juice	13 Honey Mustard Chicken Rice Pilaf Sautéed String Beans Fruit Cocktail Orange Juice	14 Baked Ziti with Meat Sauce Cauliflower with Carrots and Parsley Sautéed Asparagus Apple Juice Pear	15 Cranberry Chicken Corn Steamed Green Beans Banana Orange Pineapple Juice	16 Oven Fried Fish Yellow Rice Broccoli and Red Peppers Cantaloupe Orange Juice	17 Sweet Steak W/ Onions Garlic Mashed Potatoes Steamed Carrots Apple Juice Fruited Jell-O
18 Lentil Stew with Carrots and Turnips (Vegetarian) Brown Rice Steamed Broccoli Mandarins cups Orange Pineapple Juice	19 Swedish Meatballs w/Brown Gravy Bowtie Noodles Baby Carrots with Parsley Apple Orange Juice	20 Hawaiian Chicken Baked Sweet Potato Broccoli and Red Peppers Apple Juice Banana	21 Italian Roasted Pork Tenderloin (Chicken Sub Available) Mashers Sweet Potatoes California Blend Vegetables Fruit Cocktail Orange Pineapple Juice	22 Rosemary Chicken Roasted Potatoes California Blend Vegetables Orange Juice Fruited Jell-O	23 Baked Breaded Fish w/Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Apple Juice Orange	24 Stewed Chicken Rice with Vegetables Steamed Green Beans Pears cups Orange Pineapple Juice
25 Pasta Primavera with Cheese (Vegetarian) Sautéed Asparagus Steamed Carrots Orange Juice Sliced Peaches	26 Salisbury Steak w/ Mushroom Gravy Homemade Mashed Potatoes Zucchini w/ Corn and Tomatoes Apple Juice Orange	27 Spanish Style Baked Chicken Cuban Style Yellow Rice Steamed Green Beans Banana Orange Pineapple Juice	28 Homemade Beef Stew Red Bliss Potatoes Mixed Vegetables Orange Juice Sliced Peaches	29 Southern Style Breaded Chicken Egg Barley with Mushrooms Steamed Spinach Apple Juice Fruited Jell-O	30 Baked Salmon w/ Cilantro Citrus Sauce Pesto Pasta w/ Broccoli Baby Carrots w/ Parsley Cantaloupe Orange Pineapple Juice	