



**ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM**

2018 WINTER MENU

HOT REGULAR

JANUARY, FEBRUARY, MARCH

**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
HAPPY NEW YEAR 2018	1 CENTER CLOSED Will receive a meal between 12/28 & 12/31	2 Chicken Parmesan Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	3 Black Bean and Sweet Potato Chili White Rice Broccoli and Red Peppers Orange Juice Pear	4 Baked Breaded Chicken Cutlet Baked Macaroni and Cheese Sauteed Spinach Apple Juice Canned Pineapple	5 Fish with Creole Sauce Yellow Rice California Blend Vegetables Orange Orange Pineapple Juice	6 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice
	7 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Canned Pineapple	8 Beef & Broccoli Brown Rice Oriental Blend Pear OJ Pineapple Juice	9 Chicken Chasseur Baked Potatoes Steamed Kale Orange Juice Fruited Jell-O	10 Baked Ziti with Meat Sauce Cauliflower with Carrots and Parsley Sautéed Asparagus Apple Juice Orange	11 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Plum	12 Baked Tilapia Light Basil Cream Sauce Broccoli and Red Peppers Red Bliss Potatoes Kiwi Orange Juice
14 Honey Mustard Chicken Breast Baked Brown Rice Pilaf Steamed Peas and Carrots Canned Mandarins Orange Pineapple Juice	15 CENTER CLOSED Will receive a meal between 1/4 & 1/13	16 Hawaiian Chicken Legs Baked Sweet Potato Oriental Blend Apple Juice Tangerine	17 Roast Beef Baked Potatoes Steamed Green Beans Fruit Cocktail OJ Pineapple Juice	18 Rosemary Chicken California Blend Vegetables Roasted Potatoes Orange Juice Fruited Jell-O	19 Baked Breaded Fish Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Apple Juice Orange	20 Chicken Fricassee White Rice Steamed Carrots Canned Pears Orange Pineapple Juice
21 Baked Salmon Baked Red Potato Wedges Carrots and Raisins Orange Juice Sliced Peaches	22 Stewed Beef Mixed Vegetables Smashed Red Potatoes Apple Juice Orange	23 Spanish Style Baked Chicken Cuban Style Brown Rice Steamed Green Beans Canned Mandarins Orange Pineapple Juice	24 Beef Salisbury Steak w/ Mushroom Sauce Penne Zucchini with Onions and Peppers Orange Juice Sliced Peaches	25 Baked Breaded Chicken Cutlet Baked Sweet Potato Steamed Spinach Apple Juice Pear Fruited Jell-O	26 Parmesan Baked Tilapia Couscous with Peas and Lemon Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice	27 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Applesauce Orange Juice
28 Lentil Stew with Carrots and Turnips Vegetarian Brown Rice Steamed Broccoli Apple Juice Canned Mandarins	29 Swiss Steak with Onions White Rice Stewed Beans Apple Orange Pineapple Juice	30 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Orange Juice Fruited Jell-O	31 Sofrito Steak Brown Rice Steamed Peas and Carrots Apple Juice Banana	HOT REGULAR MENU JANUARY 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 FEBRUARY 2018				1 BBQ Chicken Leg Quarters Boiled Southern Greens Roasted Potatoes Orange Pineapple Juice Pear	2 Baked Tilapia Creole Sauce Brown Rice Steamed Broccoli Canned Pineapple Orange Juice	3 Beef Salisbury Steak with Mushroom Sauce California Blend Vegetables Instant Mashed Potatoes Apple Juice Canned Mandarins
4 Vegetable Baked Ziti with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Applesauce Orange Pineapple Juice	5 Chili con Carne White Rice Steamed Broccoli Apple Orange Juice	6 Chicken with Peach Sauce Collard Greens with Tomato Roasted Potatoes Apple Juice Pear	7 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Orange Orange Pineapple Juice	8 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello	9 Baked Salmon with Cilantro Citrus Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Apple Juice Tangerine	10 Stewed Chicken Breast Rice with Vegetables Steamed Spinach Canned Pears Orange Pineapple Juice
11 Whole Wheat Pasta Primavera with Cheese Sauteed Asparagus Steamed Carrots Orange Juice Sliced Peaches	12 BBQ Boneless Beef Ribs Brown Rice Steamed Peas and Carrots Apple Juice Sliced Peaches	13 Chicken Parmesan Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	14 Black Bean and Sweet Potato Chili White Rice Broccoli and Red Peppers Orange Juice Pear	15 Baked Breaded Chicken Cutlet Baked Macaroni and Cheese Sautéed Spinach Apple Juice Canned Pineapple	16 Fish with Creole Sauce Yellow Rice California Blend Vegetables Orange Orange Pineapple Juice	17 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice
18 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Canned Pineapple	19 CENTER CLOSED Will receive a Holiday box between 2/1 & 2/17	20 Chicken Chasseur Baked Potatoes Steamed Green Beans Orange Juice Fruited Jell-o	21 Roast Beef Baked Potatoes Steamed Green Beans Apple Juice Orange	22 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Plum	23 Baked Tilapia Light Basil Cream Sauce Broccoli and Red Peppers Red Bliss Potatoes Kiwi Orange Juice	24 Homemade Tomato Sauce Stuffed Shells (Pre-Prepared) Sautéed Zucchini Steamed Green Beans Apple Juice Fruit Cocktail
25 Honey Mustard Chicken Breast Baked Brown Rice Pilaf Steamed Peas and Carrots Canned Mandarins OJ Pineapple Juice	26 Hungarian Goulash with Beef Egg Noodles Broccoli and Red Peppers Apple Orange Juice	27 Hawaiian Chicken Legs Baked Sweet Potato Oriental Blend Apple Juice Tangerine	28 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	**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.		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>MARCH 2018</u> <u>HOT Regular</u>				1 Rosemary Chicken California Blend Vegetables Roasted Potatoes Orange Juice Fruited Jell-O	2 Baked Breaded Fish Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Apple Juice Orange	3 Chicken Fricassee White Rice Steamed Carrots Canned Pears Orange Pineapple Juice
<p>**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</p>						
4 Baked Salmon Baked Red Potato Wedges Carrots and Raisins Orange Juice Sliced Peaches	5 Stewed Beef Mixed Vegetables Smashed Red Potatoes Apple Juice Orange	6 Spanish Style Baked Chicken Cuban Style Brown Rice Steamed Green Beans Canned Mandarins Orange Pineapple Juice	7 Beef Salisbury Steak with Mushroom Sauce Penne Zucchini with Onions and Peppers Orange Juice Sliced Peaches	8 Baked Breaded Chicken Cutlet Baked Sweet Potato Steamed Spinach Apple Juice Pear Fruited Jell-O	9 Parmesan Baked Tilapia Couscous with Peas and Lemon Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice	10 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Applesauce Orange Juice
11 Lentil Stew with Carrots and Turnips Vegetarian Brown Rice Steamed Broccoli Apple Juice Canned Mandarins	12 Swiss Steak with Onions White Rice Stewed Beans Apple Orange Pineapple Juice	13 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Orange Juice Fruited Jell-O	14 Sofrito Steak Brown Rice Steamed Peas and Carrots Apple Juice Banana	15 BBQ Chicken Leg Quarters Boiled Southern Greens Roasted Potatoes Orange Pineapple Juice Pear	16 Baked Tilapia Creole Sauce Brown Rice Steamed Broccoli Canned Pineapple Orange Juice	17 Beef Salisbury Steak with Mushroom Sauce California Blend Vegetables Instant Mashed Potatoes Apple Juice Canned Mandarins
18 Vegetable Baked Ziti with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Applesauce Orange Pineapple Juice	19 Chili con Carne White Rice Steamed Broccoli Apple Orange Juice	20 Chicken with Peach Sauce Collard Greens with Tomato Roasted Potatoes Apple Juice Pear	21 Yankee pot Roast Garlic & Rosemary Roast Potatoes Steamed Carrots Orange OJ Pineapple Juice	22 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jell-O	23 Baked Salmon with Cilantro Citrus Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Apple Juice Tangerine	24 Stewed Chicken Breast Rice with Vegetables Steamed Spinach Canned Pears Orange Pineapple Juice
25 Whole Wheat Pasta Primavera with Cheese Sautéed Asparagus Steamed Carrots Orange Juice Sliced Peaches	26 BBQ Boneless Beef Ribs Brown Rice Steamed Peas and Carrots Apple Juice Sliced Peaches	27 Chicken Parmesan Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	28 Black Bean and Sweet Potato Chili White Rice Broccoli and Red Peppers Orange Juice Pear	29 Baked Breaded Chicken Cutlet Baked Macaroni & Cheese Sautéed Spinach Apple Juice Canned Pineapple	30 CENTER CLOSED Will receive a Holiday box between 3/1 & 3/29	31 Swiss Steak with Onions Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice