

FEBRUARY 2018

**Senior Center
LUNCH PROGRAM**

1st Lunch: 11:00-11:45AM
2nd Lunch: 12:30-1:15PM



**COME JOIN US
AT ENCORE
for the best Food,
Friends & Programs
on**

BROADWAY

**Doors OPEN - 8:30am
at the earliest.**

If arriving before 8:30AM
Please wait in the Actor's
Chapel above senior center.



BREAKFAST CART

9AM TO 10AM

\$0.50 Coffee

Free Breakfast

Donated by

Community Restaurants

All Meals are prepared under strict
nutritional guidelines given by The
Department for the Aging (DFTA)

Served with each lunch:

Milk: 1% or low-fat milk

Whole Wheat Bread

Margarine: Trans Fat Free (TFF)

Coffee or Tea: If requested is \$.50

Coffee, Tea, & Soup

are outside DFTA requirements

Monday	Tuesday	Wednesday	Thursday	Friday
4 OF THE HEALTHIEST WINTER FOODS				
 Pomegranates	 Dark Leafy Greens	 Winter Squash	 Citrus	1 BBQ Chicken Boiled Southern Greens Roasted Potatoes Orange Pineapple Juice Pear
2 Baked Tilapia w/ Creole Sauce Brown Rice Steamed Broccoli Pineapple (NJ) Homemade Soup	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 w/Meat Sauce Brussel Sprouts Tossed Salad with Dressing Orange Orange Pineapple Juice	8 Turkey Drumsticks w/ Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello
9 Baked Salmon w/ Cilantro Citrus Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Tangerine Homemade Soup	12 BBQ Boneless Beef Ribs Brown Rice Steamed Peas and Carrots Apple Juice Sliced Peaches	13 Chicken Parmesan w/ Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	14 <i>Ash Wednesday</i> Black Bean and Sweet Potato Chili White Rice Broccoli and Red Peppers Orange Juice Pear	15 Baked Breaded Chicken Baked Macaroni and Cheese Sautéed Spinach Apple Juice Canned Pineapple
16 Fish with Creole Sauce Yellow Rice California Blend Vegetables Orange Homemade Soup	19 CENTER CLOSED 	20 Chicken Chasseur Baked Potatoes Steamed Kale Orange Juice Fruited Jello	21 <i>Birthday Lunch</i> Roast Beef Baked Potato Steamed Green Beans Apple Juice Orange	22 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Plum
23 Baked Tilapia w/ Light Basil Cream Sauce Broccoli and Red Peppers Red Bliss Potatoes Kiwi Homemade Soup	26 Hungarian Goulash with Beef Egg Noodles Broccoli and Red Peppers Apple Orange Juice	27 Hawaiian Chicken Baked Sweet Potato Potato Oriental Blend Apple Juice Tangerine	28 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	1 <i>March</i> Rosemary Chicken California Blend Vegetables Roasted Potatoes Orange Juice Fruited Jello
2 <i>March</i> Baked Breaded Fish w/Tartar Sauce Roasted Vegetable Couscous Prince Edward Blend Vegetables Orange	Funded in part by the NYC Department for the Aging, Citymeals on Wheels, grants, contributions & fundraising			