



ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM

2019 SPRING MENU

KOSHER MEALS

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	
KOSHER MENU			<i>**Some menu items may be subject to change based on availability</i>				
APRIL 2019			<i>Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</i>				
Encore Menu's created with care by Kitchen Services team. All menu's are reviewed and approved by NYC Dept. For Aging nutritionists.	1 Teriyaki Chicken Breast White Rice Oriental Blend Vegetables Apple Orange Juice	2 Salmon Cakes Dill Lemon Sauce Baby Carrots with Parsley Barley with Lima Beans Apple Juice Pear	3 Turkey Meat Sauce Pasta Normandy Blend Healthy Strawberry and Applesauce Orange Pineapple Juice	4 Veggie Burger Patty Black Bean Stew Kale with Garlic Sauce Banana Orange Juice	5 BBQ Chicken Challah Bread Spiced Sweet Potatoes Green Beans Apple Juice Orange	6 Baked Ocean Perch Fish Moroccan Style Sauce Cous Cous Steamed Broccoli Apple Orange Juice	
	7 Stuffed Shells with Cheese Steamed Carrots Steamed Kale Kiwi Orange Pineapple Juice	8 Baked Flounder Fish Creole Sauce Rice A Roni Zucchini and Peas Apple Orange Juice	9 BBQ Sauce Turkey Burger Braised Red Cabagge Smashed Sweet Potatoes Apple Juice Kiwi	10 Baked Mashroom Chicken Rice Pilaf California Blend Vegetables Orange Pineapple Juice & Pear	11 Stuffed Cabbage with Beef Mauzone Toasted Barley & Onion Steamed Green Beans Banana Orange Juice	12 Roasted Chicken Challah Bread Creamy Spinach Potato Kugel Apple Juice Tangerine	13 Lemon Pepper Tilapia Brown Rice Steamed Broccoli Healthy Strawberry and Applesauce Orange Juice
	14 Cheese Blintzes Steamed Carrots Steamed Peas Apple Orange Pineapple Juice	15 Turkey Meatloaf Green Beans Mashed Potatoes Apple Juice Kiwi	16 Teriyaki Baked Fish Chinese Style Spaghetti Oriental Blend Vegetables Apple Orange Juice	17 Chicken Shawarma White Rice Steamed Carrots Orange Pineapple Juice Pear	18 Sweet and Sour Meatballs Bowtie Pasta with Kasha Steamed Broccoli Applesauce Orange Juice	19 CENTER CLOSED You will receive a Meal	20 Salmon Dill Sauce Matza Farfel Sweet and Sour Cabbage Banana Orange Pineapple Juice
	21 Chicken Marsala Herb Potatoes Zicchini with Tomato Sauce Apple Orange Juice	22 Turkey Meatloaf Matza Farfel Carrots and Parsley Apple Juice Orange	23 ST. Peter Fish Creole Parley Potatoes Kale Apple Orange Juice	24 Sweet and Sour Meatballs Mashed Potatoes Broccoli and Carrots Banana Orange Pineapple Juice	25 Roasted Chicken Glazed Carrots Potato Kugel Healthy Strawberry and Applesauce Orange Juice		26 Salisbury Steak Butternut Squash Brussel Sprouts Apple Juice Kiwi
	28 Eggplant Parmigiana Sliced Carrots Broccoli Apple Orange Pineapple Juice	29 Garlic Chicken Meatballs California Blend Vegetables Mashed Potatoes Apple Juice Orange	30 Baked Fish with Sweet and Sour Sauce Yellow Rice Steamed Kale Kiwi Orange Juice				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">KOSHER MENU</p> <p style="text-align: center;">MAY 2019</p>		<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>	<p>1 Turkey Meat Sauce Pasta Green Beans Apple Orange Pineapple Juice</p>	<p>2 Beef Pot Roast Toasted Barley with Onions Steamed Broccoli Banana Orange Juice</p>	<p>3 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Tangerine</p>	<p>4 Baked Tilapia Creole Sauce Brown Rice and Red Beans Steamed Red or Green Cabbage Orange Juice Pear</p>
<p>5 Cheddar Cheese Vegetable Spanish Omelet Home Fries Italian Blend Vegetables Healthy Strawberry and Applesauce Orange Pineapple Juice</p>	<p>6 Italian Meatballs with Beef and Turkey Tomato Sauce Pasta Green Beans Apple Juice Orange</p>	<p>7 Baked Breaded Chicken Cutlet Brown Gravy Kale in Garlic Sauce Mashed Potatoes Healthy Peach Apple Sauce Orange Juice</p>	<p>8 Baked Fish with Garlic Sauce Rice A Roni California Blend Vegetables Orange Pineapple Juice Pear</p>	<p>9 Stuffed Cabbage with Beef Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice</p>	<p>10 Rosemary Chicken Challah Bread Red Bliss Potatoes Spinach Souffle Apple Juice Banana</p>	<p>11 Breaded Southern Steak Yellow Rice Sauteed Zucchini Kiwi Orange Pineapple Juice</p>
<p>12 Baked Macaroni and Cheese Green Beans Steamed Carrots Apple Juice Tangerine</p>	<p>13 Teriyaki Chicken Breast White Rice Oriental Blend Vegetables Apple Orange Juice</p>	<p>14 Salmon Cakes Dill Lemon Sauce Baby Carrots with Parsley Barley with Lima Beans Apple Juice Pear</p>	<p>15 Turkey Meat Sauce Pasta Normandy Blend Healthy Strawberry and Applesauce Orange Pineapple Juice</p>	<p>16 Veggie Burger Patty Black Bean Stew Kale with Garlic Sauce Banana Orange Juice</p>	<p>17 BBQ Chicken Challah Bread Spiced Sweet Potatoes Green Beans Apple Juice Orange</p>	<p>18 Baked Ocean Perch Fish Moroccan Style Sauce Cous Cous Steamed Broccoli Apple Orange Juice</p>
<p>19 Stuffed Shells with Cheese Steamed Carrots Steamed Kale Kiwi Orange Pineapple Juice</p>	<p>20 Baked Flounder Fish Creole Sauce Rice A Roni Zucchini and Peas Apple Orange Juice</p>	<p>21 BBQ Sauce Turkey Burger Braised Red Cabagge Smashed Sweet Potatoes Apple Juice Kiwi</p>	<p>22 Baked Mashroom Chicken Rice Pilaf California Blend Vegetables Orange Pineapple Juice Pear</p>	<p>23 Stuffed Cabbage with Beef Mauzone Toasted Barley & Onion Steamed Green Beans Banana Orange Juice</p>	<p>24 Roasted Chicken Challah Bread Creamy Spinach Potato Kugel Apple Juice Tangerine</p>	<p>25 Lemon Pepper Tilapia Brown Rice Steamed Broccoli Healthy Strawberry and Applesauce Orange Juice</p>
<p>26 Cheese Blintzes Steamed Carrots Steamed Peas Apple Orange Pineapple Juice</p>	<p>27</p> <p style="text-align: center;">CENTER CLOSED You will receive a Meal</p>	<p>28 Teriyaki Baked Fish Chinese Style Spaghetti Oriental Blend Vegetables Apple Orange Juice</p>	<p>29 Chicken Shawarma White Rice Steamed Carrots Orange Pineapple Juice Pear</p>	<p>30 Sweet and Sour Meatballs Bowtie Pasta with Kasha Steamed Broccoli Applesauce Orange Juice</p>	<p>31 Roasted Chicken Challah Bread Roasted Butternut Squash Cauliflower Souffle Apple Juice Orange</p>	<p>Encore Menu's created with care by Kitchen Services team. All menu's are reviewed and approved by NYC Dept. For Aging nutritionists.</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1><u>KOSHER MENU</u></h1> <h2><u>JUNE 2019</u></h2>						1 Baked Hoki Fish w/ Marsala Mushroom Sauce Couscous Steamed Kale Orange Pineapple Juice Banana
2 Beef & Chicken Meatloaf Rice Pilaf Sauteed Zucchini Apple Orange Juice	3 Breaded Southern Steak Mashed Potatoes Steamed Broccoli Apple Juice Orange	4 BBQ Chicken Brown Rice Steamed Carrots Apple Orange Juice	5 Baked Salmon Dill Lemon Sauce Toasted Barley with Onions Kale with Garlic Sauce Banana Orange Pineapple Juice	6 Turkey with Gravy Mashed Sweet Potatoes Steamed Green Beans Healthy Strawberry and Applesauce Orange Juice	7 Italian Roast Chicken Challah Bread California Blend Vegetables Roasted Potatoes Apple Juice Kiwi	8 Baked Flounder Fish Honey Dijon Sauce Mashed Butternut Squash Mixed Vegetables Orange Juice Pear
9 Baked Ziti with Cheese Italian Blend Vegetables Sauteed Zucchini Apple Orange Pineapple Juice	10 Garlic Chicken Meatballs California Blend Vegetables Mashed Potatoes Apple Juice Orange	11 Baked Fish with Sweet and Sour Sauce Yellow Rice Steamed Kale Kiwi Orange Juice	12 Turkey Meat Sauce Pasta Green Beans Apple Orange Pineapple Juice	13 Beef Pot Roast Toasted Barley with Onions Steamed Broccoli Banana Orange Juice	14 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Tangerine	15 Baked Tilapia Creole Sauce Brown Rice and Red Beans Steamed Red or Green Cabbage Orange Juice & Pear
16 Cheddar Cheese Vegetable Spanish Omelet Home Fries Italian Blend Vegetables Healthy Strawberry and Applesauce Orange Pineapple Juice	17 Italian Meatballs with Beef and Turkey Tomato Sauce Pasta Green Beans Apple Juice Orange	18 Baked Breaded Chicken Cutlet Brown Gravy Kale in Garlic Sauce Mashed Potatoes Healthy Peach Apple Sauce Orange Juice	19 Baked Fish with Garlic Sauce Rice A Roni California Blend Vegetables Orange Pineapple Juice Pear	20 Stuffed Cabbage with Beef Toasted Barley with Mushrooms Steamed Carrots Apple Orange Juice	21 Rosemary Chicken Challah Bread Red Bliss Potatoes Spinach Souffle Apple Juice Banana	22 Breaded Southern Steak Yellow Rice Sauteed Zucchini Kiwi Orange Pineapple Juice
23 Baked Macaroni and Cheese Green Beans Steamed Carrots Apple Juice Tangerine	24 Teriyaki Chicken Breast White Rice Oriental Blend Vegetables Apple Orange Juice	25 Salmon Cakes Dill Lemon Sauce Baby Carrots with Parsley Barley with Lima Beans Apple Juice Pear	26 Turkey Meat Sauce Pasta Normandy Blend Healthy Strawberry and Applesauce Orange Pineapple Juice	27 Veggie Burger Patty Black Bean Stew Kale with Garlic Sauce Banana Orange Juice	28 BBQ Chicken Challah Bread Spiced Sweet Potatoes Green Beans Apple Juice Orange	29 Baked Ocean Perch Fish Moroccan Style Sauce Cous Cous Steamed Broccoli Apple Orange Juice
30 Stuffed Shells with Cheese Steamed Carrots Steamed Kale Kiwi Orange Pineapple Juice	<p><i>Encore Menu's created with care by Kitchen Services team. All menu's are reviewed and approved by NYC Dept. For Aging</i></p> <p>**Some menu items may be subject to change based on availability</p> <p>Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</p>					