

AUGUST 2019 Senior Center Lunch Program

Menu Information

1st Lunch: 11:00-11:45am 2nd Lunch: 12:30-1:15pm

BREAKFAST CART

(NJ) In Natural Juice
(PW) Packed in Water
(SF) Sugar Free
(TFF) Trans Fat Free
(LS) Low Sodium
(LF) Low fat

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

9AM TO 10AM

\$.50 Coffee
Free Breakfast
Donated by
Community Restaurants

Monday	Tuesday	Wednesday	Thursday	Friday
			Cranberry Chicken ¹ Corn Steamed Spinach Strawberry/ applesauce orange Pineapple Juice	Baked Tilapia w/ Basil Cream Sauce ² California Blend Vegetables Red Bliss Potatoes Kiwi Orange Juice
Hungarian Goulash w/ Beef ⁵ Egg Noodles Broccoli and Red Peppers Apple Orange Juice	Arroz con Pollo Chicken Breast and Rice ⁶ Steamed Peas Tapioca Pudding Apple Juice	Beef Meatballs in Tomato Sauce ⁷ Spaghetti Italian Blend Vegetables Red Bliss Potatoes Orange Juice	Dijon Chicken ⁸ California Blend Vegetables Red Bliss Potatoes Apple Juice Orange	Baked Breaded Fish w/ Tartar Sauce ⁹ Pesto Pasta Prince Edward Blend Vegetables Apple Juice Orange
Stewed Beef ¹² Smashed Red Potatoes Steam Broccoli and Cauliflower Apple Juice Canned Pineapple	Spanish Style Baked Chicken ¹³ Cuban Style Brown Rice Steam Green Beans Apple Orange Pineapple Juice	Beef Salisbury Steak w/ Mushroom Sauce ¹⁴ Penne Brussel Sprouts Sliced Canned Peaches Orange Juice	Baked Breaded Chicken Cutlet ¹⁵ Beets and Baby Carrots w/ Dill Sweet Baked Yams Pear Apple Juice	Parmesan Baked Tilapia ¹⁶ Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice
Meatballs w/ Brown Gravy ¹⁹ Pasta California Blend Vegetables Apple Orange Pineapple Juice	Oven Fried Chicken ²⁰ Red Bliss Potatoes Steamed Green Beans Applesauce Orange Juice	Yankee Pot Roast ²¹ Garlic & Rosemary Roasted Potatoes Cake (TFF) Ice Cream (SF) Orange-Pineapple Juice	BBQ Chicken Leg Quarters ²² Baked Potatoes Boiled Southern Greens Orange Orange Pineapple Juice	Baked Fish w/ Zucchini ²³ Pasta w/ sweet Peas Steamed Broccoli Orange Orange Pineapple Juice
Chili con Carne ²⁶ White Rice Steamed Peas & Carrots Apple Orange Juice	Brown Stew Chicken ²⁷ Collard Greens w/ Tomato Red Bliss Potatoes Pear Apple Juice	Jumbo Stuffed Shells w/ Meat sauce ²⁸ Brussel Sprouts Italian Blend Vegetables Orange Pineapple Juice	Baked Turkey Breast w/ Gravy ²⁹ Mashed Sweet Potatoes Steamed Green Beans Orange Juice	Coconut Crusted Tilapia w/ Tartar Sauce ³⁰ Egg Barley w/ Mushrooms Baby Carrots Sliced Peaches Orange Juice

Encore Community Services Senior Center
239 West 49th Street
New York, NY 10019

Doors open at 8:30am. If arriving before 8:30am, please wait in the Actor's Chapel above the Senior Center.