



ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM
2019 FALL MENU
FROZEN REGULAR

OCTOBER, NOVEMBER, DECEMBER

239 West 49th Street, New York, NY 10029

212-581-2910 (press option #4; oprima opcion #4)


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.

Funded in part by NYC Department for the Aging, Citymeals-on-Wheels and Senior Contributions

All Meals are Catered by Mauzone and Delivered by Encore

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FROZEN REGULAR MENU OCTOBER 2019	<i>Encore's Menus are created with care by the Kitchen Services team. All menus are reviewed and approved by nutritionists at NYC Dept. For Aging</i>	1 Spanish Chicken Cuban Style Brown Rice Steamed Green Beans Apple Orange Pineapple Juice	2 Salisbury Steak w/Mushroom Sauce Penne Brussel Sprouts Orange Juice Peaches Cup	3 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice Pear	4 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice	5 Chicken Parmesan Spaghetti California Blend Vegetables Applesauce Orange Juice
6 Lasagna Rollettes Carrots Steamed Broccoli Apple Juice Mandarins CuP	7 Meatballs Brown Gravy w/ Pasta California Blend Veg. Apple Orange Pineapple Juice	8 Baked Chicken Quarters Yellow Rice Broccoli and Red Peppers Apple Juice Tapioca Pudding	9 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	10 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	11 Baked Breaded Fish Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple Juice Orange	12 Chicken Fricassee White Rice Steamed Carrots Canned Pears Orange Pineapple Juice
13 Coconut Crusted Tilapia Carrots and Raisins Garlic and Rosemary Roasted Potatoes Orange Juice Sliced Canned Peaches	14 CENTER CLOSED YOU WILL RECEIVE A MEAL FROM ENCORE	15 Chicken Parmesan Penne Steamed Green Beans Apple Orange Pineapple Juice	16 Beef Salisbury Steak with Mushroom Sauce Homemade Mashed Potatoes Sautéed Spinach Orange Juice Sliced Canned Peaches	17 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice Pear	18 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice	19 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Applesauce Orange Juice
20 Lasagna Rollettes Carrots Steamed Broccoli Apple Juice Canned Mandarin	21 Stewed Beef Smashed Red Potatoes Steamed Broccoli and Cauliflower Apple Juice Orange	22 Oven Fried Chicken Broccoli and Red Peppers Red Bliss Potatoes Applesauce Orange Juice	23 German Pot Roast Red Bliss Potatoes Vegetable Mix Orange Juice Apple	24 BBQ Chicken Leg Baked Potatoes Boiled Southern Greens Orange Juice Pear	25 Baked Fish with Zucchini Pasta with Sweet Peas Steamed Broccoli Orange & Orange Pineapple Juice	26 Beef Salisbury Steak with Mushroom Sauce California Blend Vegetables Instant Mashed Potatoes Apple Juice Canned Mandarin
27 Vegetable Baked Ziti with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Applesauce Orange Pineapple Juice	28 Chili con Carne White Rice Vegetable Mix Apple Orange Juice	29 Brown Stew Chicken Collard Greens with Tomato Red Bliss Potatoes Apple Juice Pear	30 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Orange & Orange Pineapple Juice	31 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello		**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

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FROZEN REGULAR MENU NOVEMBER 2019			<i>Encore's Menus are created with care by the Kitchen Services team. All menus are reviewed and approved by nutritionists at NYC Dept. For Aging</i>	**Some menu items may be subject to change based on availability <i>All meals come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</i>	1 Coconut Crusted Tilapia Tartar Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Apple Juice Tangerine	2 Stewed Chicken Breast Smashed Red Potatoes Steamed Spinach Orange Pineapple Juice Canned Peaches
3 Black Beans and Sweet Potato Chili White Rice Broccoli and Red Pepper Salad Canned Pears Orange Juice	4 Stewed Pork Chops Chicken (sub) Black Beans and Rice Sautéed String Beans Apple Juice Canned Peaches	5 Chicken Parmesan Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	6 Beef Meatloaf Brown Gravy Smashed Red Potatoes Steamed Carrots Orange Juice Pear	7 Baked Chicken Quarters Baked Macaroni and Cheese Sautéed Spinach Apple Juice Canned Pineapple	8 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange & Orange Pineapple Juice	9 Baked Breaded Chicken Cutlet Brown Gravy Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice
10 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Canned Pineapple	11 Beef and Broccoli Brown Rice Oriental Blend Orange Pineapple Juice Pear	12 Chicken Legs with Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello	13 Spaghetti with Meat Sauce Brussel Sprouts Steamed Broccoli Apple Juice Orange	14 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Strawberry and Applesauce	15 Baked Tilapia Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Kiwi Orange Juice	16 Stuffed Shells Sautéed Zucchini Steamed Green Beans Apple Juice Fruit Cocktail
17 Chicken Breast with Mushrooms and Peppers Brown Rice Steamed Broccoli and Cauliflower Canned Mandarin Oranges & Orange Pineapple Juice	18 Baked Ziti with Meat Sauce Sautéed Spinach Steamed Carrots Apple Orange Juice	19 Baked Chicken Quarters Yellow Rice Broccoli and Red Peppers Apple Juice Tapioca Pudding	20 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	21 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	22 Baked Breaded Fish Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple Juice Orange	23 Chicken Fricassee White Rice Steamed Carrots Canned Pears Orange Pineapple Juice
24 Coconut Crusted Tilapia Carrots and Raisins Garlic and Rosemary Roasted Potatoes Orange Juice Canned Peaches	25 Stewed Beef Smashed Red Potatoes Steamed Broccoli and Cauliflower Apple Juice Orange	26 Chicken Parmesan Penne Steamed Green Beans Apple Orange Pineapple Juice	27 Roasted Pork Tenderloin Chicken (sub) Yellow Rice and Pigeon Peas California Blend Vegetables Orange Juice Pear	28 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice Pear	29 CENTER CLOSED YOU WILL RECEIVE A MEAL FROM CITYMEALS	30 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Applesauce Orange Juice

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1 Lasagna Rollettes Carrots Steamed Broccoli Apple Juice Canned Mandarin Oranges	2 Meatballs Pasta California Blend Vegetables Apple Orange Pineapple Juice	3 Oven Fried Chicken Broccoli and Red Peppers Red Bliss Potatoes Applesauce Orange Juice	4 Ground Beef Stuffed Bell Peppers with Cheese Carrots Steamed Green Beans Apple Juice Banana	5 Stuffed Roast Turkey Sweet Potatoes Green Beans Pumpkin Pie Apple Juice	6 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice	7 Beef Salisbury Steak with Mushroom Sauce California Blend Vegetables Instant Mashed Potatoes Apple Juice Canned Mandarin
8 Vegetable Baked Ziti with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Applesauce Orange Pineapple Juice	9 Chili con Carne White Rice Vegetable Mix Apple Orange Juice	10 Brown Stew Chicken Collard Greens with Tomato Red Bliss Potatoes Apple Juice Pear	11 Jumbo Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Orange & Orange Pineapple Juice	12 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello	13 Coconut Crusted Tilapia Tartar Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Apple Juice Tangerine	14 Stewed Chicken Breast Smashed Red Potatoes Steamed Spinach Orange Pineapple Juice Sliced Canned Peaches
15 Black Beans and Sweet Potato Chili White Rice Broccoli and Red Pepper Salad Canned Pears Orange Juice	16 Stewed Pork Chops Black Beans and Rice Sautéed String Beans Apple Juice Sliced Canned Peaches	17 Chicken Parmesan Homemade Tomato Sauce cup Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	18 Codorniz Hen Yellow Rice and Pigeon Peas California Blend Vegetables Orange Juice Pear	19 Baked Chicken Baked Macaroni and Cheese Sautéed Spinach Apple Juice Canned Pineapple	20 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange & Orange Pineapple Juice	21 Baked Breaded Chicken Cutlet Brown Gravy Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice
22 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Canned Pineapple	23 Oriental Blend Orange Pineapple Juice Pear Beef and Broccoli Brown Rice	24 Chicken Legs with Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello	25 Yankee Pot Roast Garlic and Rosemary Roasted Potatoes Steamed Carrots Apple Juice Orange	26 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Strawberry and Applesauce	27 Baked Tilapia Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Kiwi Orange Juice	28 Stuffed Shells Sautéed Zucchini Steamed Green Beans Apple Juice Fruit Cocktail
29 Chicken Breast with Mushrooms and Peppers Brown Rice Steamed Broccoli and Cauliflower Canned Mandarin Oranges & Orange Pineapple Juice	30 Baked Ziti with Meat Sauce Sautéed Spinach Steamed Carrots Apple Orange Juice	31 Baked Chicken Yellow Rice Broccoli and Red Peppers Apple Juice Tapioca Pudding		<i>Encore's Menus are created with care by the Kitchen Services team. All menus are reviewed and approved by nutritionists at NYC Dept. For Aging</i>	**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	FROZEN REGULAR MENU DECEMBER 2019