



**ENCORE COMMUNITY SERVICES  
HOME DELIVERED MEALS PROGRAM**

**2019 FALL MENU**

**KOSHER**

**OCTOBER, NOVEMBER, DECEMBER**

**239 West 49<sup>th</sup> 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**

***\*\*Some menu items may be subject to change based on availability***

Sunday (Frozen Only)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Frozen Only)
<p><b><u>KOSHER MENU</u></b></p> <p><b><u>OCTOBER</u></b></p> <p><b><u>2019</u></b></p>	<p><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></p>	<p><b>1 Baked Hoki Fish</b> w/ Marsala Mushroom Sauce Barley with Lima Beans Baby Carrots with Parsley Apple Juice Pear</p>	<p><b>2 Breaded Southern Steak</b> Brown Gravy Mashed Potatoes, Normandy Blend Healthy Strawberry and Applesauce Orange Pineapple Juice</p>	<p><b>3 Black Beans and Mushrooms</b> <b>Vegan Burger</b> Kale with Garlic Sauce Roasted Butternut Squash Banana Orange Juice</p>	<p><b>4 BBQ Chicken</b> Challah Bread Spiced Sweet Potatoes Green Beans Apple Juice Orange</p>	<p><b>5 Beef and Chicken Meatballs</b> Moroccan Style Sauce Cous Cous Steamed Broccoli Apple Orange Juice</p>
<p><b>6 Stuffed Shells</b> w/ Cheese Mixed Vegetables Steamed Kale Kiwi Orange Pineapple Juice</p>	<p><b>7 Pineapple Glazed Salmon</b> Rice A Roni Sauteed Zucchini Apple Orange Juice</p>	<p><b>8 Baked Onions Turkey Burger</b> Hamburger Bun Mashed Sweet Potatoes Braised Red Cabagge Apple Juice Kiwi</p>	<p><b>9 Spanish Style Baked Chicken</b> Rice Pilaf Roasted Beets Orange Pineapple Juice Pear</p>	<p><b>10 Stuffed Cabbage w/ Beef</b> Mauzone Toasted Barley &amp; Onion Steamed Green Beans Banana Orange Juice</p>	<p><b>11 Brown Gravy Roasted Chicken</b> Challah Bread Potato Kugel Steamed Carrots Apple Juice Tangerine</p>	<p><b>12 Beef and Chicken Meatloaf</b> Tomato Sauce Brown Rice Steamed Broccoli Healthy Strawberry and Applesauce Orange Juice</p>
<p><b>13 Cheese Blintzes</b> Carrot Tzimmes Steamed Peas Apple Orange Pineapple Juice</p>	<p><b>14 CENTER CLOSED</b></p> <p><b>YOU WILL RECEIVE A MEAL FROM ENCORE</b></p>	<p><b>15 Baked Flounder Fish</b> Orzo Creamy Spinach Apple Orange Juice</p>	<p><b>16 Chicken Shawarma</b> (Oven-Roasted) White Rice Steamed Carrots Orange Pineapple Juice Pear</p>	<p><b>17 Sweet and Sour Meatballs</b> Bowtie Pasta with Kasha Steamed Broccoli Applesauce Orange Juice</p>	<p><b>18 Brown Gravy Roasted Chicken</b> Challah Bread Roasted Butternut Squash Cauliflower Souffle Apple Juice Orange</p>	<p><b>19 Baked Hoki Fish</b> with Marsala Mushroom Sauce Roasted Vegetable Couscous Steamed Kale Banana Orange Pineapple Juice</p>
<p><b>20 Lasagna Rolitini</b> Mixed Vegetables Sauteed Zucchini Apple Orange Juice</p>	<p><b>21 Beef Meatloaf with</b> Mushroom Gravy Mashed Potatoes, Steamed Broccoli Apple Juice Orange</p>	<p><b>22 BBQ Chicken Breasts</b> Brown Rice Steamed Carrots Apple Orange Juice</p>	<p><b>23 Baked Salmon</b> Moroccan Sauce Roasted Veg. Couscous Kale with Garlic Sauce Banana OJ Pineapple Juice</p>	<p><b>24 Turkey with Gravy</b> Mashed Sweet Potatoes Steamed Green Beans Healthy Strawberry and Applesauce Orange Juice</p>	<p><b>25 Hawaiian Chicken Legs</b> Challah Bread Roasted Potatoes California Blend Vegetables Apple Juice Kiwi</p>	<p><b>26 Baked Flounder Fish</b> Honey Dijon Sauce Mashed Butternut Squash Braised Red Cabagge Orange Juice Pear</p>
<p><b>27 Vegetable Baked Ziti</b> Italian Blend Vegetables Sauteed Zucchini Apple OJ Pineapple Juice</p>	<p><b>28 Baked Fish with</b> Sweet and Sour Sauce Yellow Rice Steamed Kale Apple Juice Orange</p>	<p><b>29 Swedish Meatballs</b> with Beef and Turkey Pasta California Blend Vegetables Kiwi Orange Juice</p>	<p><b>30 Beef Pot Roast</b> Toasted Barley with Onions Steamed Broccoli Apple Orange Pineapple Juice</p>	<p><b>31 Turkey Meat Sauce</b> Pasta Green Beans Banana Orange Juice</p>	<p><b>Yom Kippur</b></p> 	<p><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, &amp; Vitamin C Enriched fruit juice</i></p>

Sunday (Frozen Only)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Frozen Only)
<b><u>KOSHER MENU</u></b> <b><u>November 2019</u></b>		<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>	<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, &amp; Vitamin C Enriched fruit juice</i>		1 <b>Roasted Chicken</b> Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Tangerine	2 <b>Beef and Turkey Meatloaf</b> w. Mushroom Gravy Orzo Braised Red Cabbage with Apples Orange Juice Pear
3 <b>Cheddar Cheese Veggie</b> Spanish Omelet Home Fries Italian Blend Vegetables Strawberry and Applesauce OJ Pineapple Juice	4 <b>Italian Meatballs w Beef &amp; Turkey</b> Tomato Sauce Pasta Green Beans Apple Juice Orange	5 <b>Baked Breaded Chicken Cutlet</b> Brown Gravy Roasted Beets Mashed Potatoes, Healthy Peach Apple Sauce Orange Juice	6 <b>Stuffed Cabbage with Beef</b> Toasted Barley with Mushrooms California Blend Vegetables Orange Pineapple Juice Pear	7 <b>Breaded Sole Fish Fillet</b> Dill Lemon Sauce Rice A Roni Steamed Carrots Apple Orange Juice	8 <b>Rosemary Chicken</b> Challah Bread Red Bliss Potatoes Spinach Souffle Apple Juice Banana	9 <b>Brown Gravy Salisbury Steak</b> Yellow Rice Sauteed Zucchini Kiwi Orange Pineapple Juice
10 <b>Cheese Blintzes</b> Green Beans Steamed Carrots Apple Juice Tangerine	11 <b>Teriyaki Chicken Breast</b> White Rice Oriental Blend Vegetables Apple Orange Juice	12 <b>Baked Hoki Fish with Marsala</b> Mushroom Sauce Barley with Lima Beans Baby Carrots with Parsley Apple Juice Pear	13 <b>Breaded Southern Steak</b> Brown Gravy Mashed Potatoes Normandy Blend Healthy Strawberry and Applesauce Orange Pineapple Juice	14 <b>Black Beans and Mushrooms Vegan Burger</b> Kale with Garlic Sauce Roasted Butternut Squash Banana Orange Juice	15 <b>BBQ Chicken</b> Challah Bread Spiced Sweet Potatoes Green Beans Apple Juice Orange	16 <b>Beef and Chicken Meatballs</b> Moroccan Style Sauce Cous Cous Steamed Broccoli Apple Orange Juice
17 <b>Stuffed Shells with Cheese</b> Mixed Vegetables Steamed Kale Kiwi Orange Pineapple Juice	18 <b>Pineapple Glazed Salmon</b> Rice A Roni Sauteed Zucchini Apple Orange Juice	19 <b>Baked Onions Turkey Burger</b> Hamburger Bun Mashed Sweet Potatoes Braised Red Cabagge Apple Juice Kiwi	20 <b>Spanish Style Baked Chicken</b> Rice Pilaf Roasted Beets Orange Pineapple Juice Pear	21 <b>Stuffed Cabbage w Beef</b> Mauzone Toasted Barley & Onion Steamed Green Beans Banana Orange Juice	22 <b>Brown Gravy Roasted Chicken</b> Challah Bread Potato Kugel Steamed Carrots Apple Juice Tangerine	23 <b>Beef and Chicken Meatloaf</b> Tomato Sauce Brown Rice Steamed Broccoli Healthy Strawberry and Applesauce Orange Juice
24 <b>Cheese Blintzes</b> Carrot Tzimmes Steamed Peas Apple Orange Pineapple Juice	25 <b>Salisbury Steak</b> Green Beans Mashed Potatoes, Apple Juice Kiwi	26 <b>Baked Flounder Fish</b> Orzo Creamy Spinach Apple Orange Juice	27 <b>Chicken Shawarma</b> White Rice Steamed Carrots Orange Pineapple Juice Pear	28 <b>Sweet and Sour Meatballs</b> Bowtie Pasta with Kasha Steamed Broccoli Applesauce Orange Juice	29 <b>CENTER CLOSED</b>  <b>YOU WILL RECEIVE A MEAL FROM ENCORE</b>	30 <b>Baked Hoki Fish with Marsala</b> Mushroom Sauce Roasted Vegetable Couscous Steamed Kale Banana Orange Pineapple Juice

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1 <b>Lasagna Rolitini</b> Mixed Vegetables Sauteed Zucchini Apple Orange Juice	2 <b>Beef Meatloaf</b> with Mushroom Gravy Mashed Potatoes, Steamed Broccoli Apple Juice Orange	3 <b>BBQ Chicken Breasts</b> Brown Rice Steamed Carrots Apple Orange Juice	4 <b>Baked Salmon</b> Moroccan Sauce Vegetable Couscous Kale with Garlic Sauce Banana OJ Pineapple Juice	5 <b>Turkey with Gravy</b> Mashed Sweet Potatoes Steamed Green Beans Strawberry and Applesauce Orange Juice	6 <b>Hawaiian Chicken Legs</b> Challah Bread Roasted Potatoes California Blend Vegetables Apple Juice Kiwi	7 <b>Baked Flounder Fish</b> Honey Dijon Sauce Butternut Squash Braised Red Cabagge Orange Juice Pear
8 <b>Vegetable Baked Ziti</b> Pasta Italian Blend Vegetables Sauteed Zucchini Apple Orange Pineapple Juice	9 <b>Baked Fish</b> with Sweet and Sour Sauce Yellow Rice Steamed Kale Apple Juice Orange	10 <b>Swedish Meatballs</b> with Beef and Turkey Pasta California Blend Vegetables Kiwi Orange Juice	11 <b>Beef Pot Roast</b> Toasted Barley with Onions Steamed Broccoli Apple Orange Pineapple Juice	12 <b>Turkey Meat</b> Sauce Pasta Green Beans Banana Orange Juice	13 <b>Roasted Chicken</b> Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Tangerine	14 <b>Beef and Turkey Meatloaf</b> with Mushroom Gravy Orzo Braised Red Cabbage with Apples Orange Juice Pear
15 <b>Cheddar Cheese</b> Veggie Spanish Omelet Home Fries Italian Blend Vegetables Strawberry and Applesauce Orange Pineapple Juice	16 <b>Italian Meatballs</b> with Beef and Turkey Tomato Sauce Pasta Green Beans Apple Juice Orange	17 <b>Roasted Beets</b> Mashed Potatoes Healthy Peach Apple Sauce Orange Juice Baked Breaded Chicken Cutlet Brown Gravy	18 <b>Stuffed Cabbage w Beef</b> Toasted Barley with Mushrooms California Blend Vegetables Orange Pineapple Juice Pear	19 <b>Breaded Sole Fish Fillet</b> Dill Lemon Sauce Rice A Roni Steamed Carrots Apple Orange Juice	20 <b>Rosemary Chicken</b> Challah Bread Red Bliss Potatoes Spinach Souffle Apple Juice Banana	21 <b>Brown Gravy Salisbury Steak</b> Yellow Rice Sauteed Zucchini Kiwi Orange Pineapple Juice
22 <b>Cheese Blintzes</b> Green Beans Steamed Carrots Apple Juice Tangerine	23 <b>Teriyaki Chicken Breast</b> White Rice Oriental Blend Vegetables Apple Orange Juice	24 <b>Baked Hoki Fish</b> with Marsala Mushroom Sauce Barley with Lima Beans Baby Carrots with Parsley Apple Juice Pear	25 <b>Breaded Southern Steak</b> Brown Gravy Mashed Potatoes Normandy Blend Strawberry and Applesauce Orange Pineapple Juice	26 <b>Black Beans and Mushrooms</b> Vegan Burger Kale with Garlic Sauce Roasted Butternut Squash Banana Orange Juice	27 <b>BBQ Chicken</b> Challah Bread Spiced Sweet Potatoes Green Beans Apple Juice Orange	28 <b>Beef and Chicken Meatballs</b> Moroccan Style Sauce Cous Cous Steamed Broccoli Apple Orange Juice
29 <b>Stuffed Shells</b> with Cheese Mixed Vegetables Steamed Kale Kiwi Orange Pineapple Juice	30 <b>Pineapple Glazed Salmon</b> Rice A Roni Sauteed Zucchini Apple Orange Juice	31 <b>Baked Onions Turkey Burger</b> Hamburger Bun, Mashed Sweet Potatoes Braised Red Cabagge Apple Juice Kiwi		<b><u>KOSHER MENU</u></b>  <b><u>DECEMBER</u></b>  <b><u>2019</u></b>	<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>	<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, &amp; Vitamin C Enriched fruit juice</i>