December 2019 Senior Center Lunch Program

Menu Information

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

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

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

BREAKFAST CART

9AM TO 10AM

$0.50 Coffee
Free Breakfast
Donated by
Community Restaurants

Monday	Tuesday	Wednesday	Thursday	Friday
2 Jumbo Stuffed Shells w/ Meat sauce Brussel Sprouts Italian Blend Vegetables Orange Pineapple Juice	3 Brown Stew Chicken Collard Greens w Tomato Red Bliss Potatoes Apple Juice Pear	4 Jumbo Stuffed Shells w/ Meat sauce Brussel Sprouts Italian Blend Vegetables Orange Pineapple Juice	5 Baked Turkey Breast Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello	6 Coconut Crusted Tilapia w/ Tartar Sauce Egg Barley w/ Mushrooms Baby Carrots Sliced Peaches Orange Juice
9 Stewed Pork Chops Black Beans and Rice Sauteed String Beans Apple Juice Peaches	10 Chicken Parmesan Spaghetti with Homemade Tomato Sauce Italian Blend Vegetables Apple Orange Pineapple Juice	11 Cornish Hen Yellow Rice and Pigeon Peas California Blend Vegetables Orange Juice Apple Pie Ice Cream	12 Beef Meatloaf Brown Gravy Smashed Red Potatoes Steamed Carrots Apple Juice Pear	13 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange Pineapple Juice Orange
16 Beef and Broccoli Brown Rice Oriental Blend Vegetables Orange Pineapple Juice Pear	17 Chicken Legs w/ Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello	18 Yankee Pot Roast Garlic and Rosemary Roasted Potatoes Steamed Carrots Apple Juice Orange	19 Cranberry Chicken Corn Steamed Spinach Strawberry/apple-suace orange Pineapple Juice	20 Baked Tilapia Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Kiwi Orange Juice
23 Baked Ziti with Meat Sauce Sautéed Spinach Steamed Carrots Apple Orange Juice	24 Baked Chicken Yellow Rice Broccoli and Red Peppers Apple Juice Tapioca Pudding	25 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice	26 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	27 Baked Breaded Fish With Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Orange Apple Juice
30 Stewed Beef Smashed Red Potatoes Steamed Broccoli and CauliflowerApple Juice Orange	31 Chicken Parmesan Penne Steamed Green Beans Apple Orange Pineapple 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.

Funded in part by the NYC Department for the Aging, Citymeals on Wheels, grants, contributions & fundraising