



ENCORE COMMUNITY SERVICES

HOME DELIVERED MEALS PROGRAM

2020 WINTER MENU

FROZEN REGULAR

JANUARY, FEBRUARY, MARCH

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 |
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| FROZEN REGULAR MENU JANUARY 2020 | <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 CENTER CLOSED YOU WILL RECEIVE A MEAL FROM CITYMEALS | 2 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello | 3 Baked Breaded Fish Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple Juice Orange | 4 Chicken Fricassee White Rice Steamed Carrots Canned Pears Orange Pineapple Juice |
| 5 Coconut Crusted Tilapia Carrots and Raisins Garlic and Rosemary Roasted Potatoes Orange Juice Sliced Canned Peaches | 6 Stewed Beef Smashed Red Potatoes Steamed Broccoli and Cauliflower Apple Juice Orange | 7 Chicken Parmesan Penne Steamed Green Beans Apple Orange Pineapple Juice | 8 Yankee Pot Roast Garlic and Rosemary Roasted Potatoes Steamed Carrots Apple Juice Orange | 9 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice Pear | 10 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice | 11 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Applesauce Orange Juice |
| 12 Lasagna Rollettes Carrots Steamed Broccoli Apple Juice Canned Mandarin | 13 Meatballs Pasta California Blend Vegetables Apple Orange Pineapple Juice | 14 Oven Fried Chicken Broccoli and Red Peppers Red Bliss Potatoes Applesauce Orange Juice | 15 Ground Beef Stuffed Bell Peppers with Cheese Carrots Steamed Green Beans Apple Juice Banana | 16 BBQ Chicken Leg Baked Potatoes Boiled Southern Greens Orange Juice Pear | 17 Baked Fish with Zucchini Pasta with Sweet Peas Steamed Broccoli Orange & Orange Pineapple Juice | 18 Beef Salisbury Steak with Mushroom Sauce California Blend Vegetables Instant Mashed Potatoes Apple Juice Canned Mandarin |
| 19 Vegetable Baked Ziti with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Applesauce Orange Pineapple Juice | 20 CENTER CLOSED YOU WILL RECEIVE A BOX FROM CITYMEALS | 21 Brown Stew Chicken Collard Greens with Tomato Red Bliss Potatoes Apple Juice Pear | 22 German Pot Roast Red Bliss Potatoes Vegetable Mix Orange Juice Apple | 23 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello | 24 Coconut Crusted Tilapia Tartar Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Apple Juice Tangerine | 25 Stewed Chicken Breast Smashed Red Potatoes Steamed Spinach Orange Pineapple Juice Canned Peaches |
| 26 Black Beans and Sweet Potato Chili White Rice Broccoli and Red Pepper Salad Canned Pears Orange Juice | 27 Chili con Carne White Rice Vegetable Mix Apple Orange Juice | 28 Chicken Parmesan Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice | 29 Beef Meatloaf Brown Gravy Smashed Red Potatoes Steamed Carrots Orange Juice Pear | 30 Baked Chicken Quarters Baked Macaroni and Cheese Sautéed Spinach Apple Juice Canned Pineapple | 31 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange & Orange Pineapple Juice | <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 |

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| FROZEN REGULAR MENU FEBRUARY 2020 | |  | | <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 | 1 Baked Breaded Chicken Cutlet Brown Gravy Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice |
| 2 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Canned Pineapple | 3 Beef and Broccoli Oriental Blend Brown Rice Orange Pineapple Juice Pear | 4 Chicken Legs with Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello | 5 Spaghetti with Meat Sauce Brussel Sprouts Steamed Broccoli Apple Juice Orange | 6 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Strawberry and Applesauce | 7 Baked Tilapia Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Kiwi Orange Juice | 8 Stuffed Shells Sautéed Zucchini Steamed Green Beans Apple Juice Fruit Cocktail |
| 9 Chicken Breast with Mushrooms and Peppers Brown Rice Steamed Broccoli and Cauliflower Canned Mandarin Oranges & Orange Pineapple Juice | 10 Baked Ziti with Meat Sauce Sautéed Spinach Steamed Carrots Apple Orange Juice | 11 Baked Chicken Quarters Yellow Rice Broccoli and Red Peppers Apple Juice Tapioca Pudding | 12 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Orange Pineapple Juice | 13 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello | 14 Baked Breaded Fish Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple Juice Orange | 15 Chicken Fricassee White Rice Steamed Carrots Canned Pears Orange Pineapple Juice |
| 16 Coconut Crusted Tilapia Carrots and Raisins Garlic and Rosemary Roasted Potatoes Orange Juice Canned Peaches | 17 CENTER CLOSED YOU WILL RECEIVE A BOX FROM CITYMEALS | 18 Chicken Parmesan Penne Steamed Green Beans Apple Orange Pineapple Juice | 19 Beef Salisbury Steak with Mushroom Sauce Homemade Mashed Potatoes Sautéed Spinach Orange Juice Sliced Canned Peaches | 20 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice Pear | 21 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice | 22 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Applesauce Orange Juice |
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