



ENCORE COMMUNITY SERVICES

**HOME DELIVERED MEALS PROGRAM
2020 WINTER MENU**

HOT REGULAR

JANUARY, FEBRUARY, MARCH

239 West 49th Street, New York, NY 10019

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
<p>HOT REGULAR MENU</p> <p>JANUARY 2020</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>1 CENTER CLOSED</p> <p>YOU WILL RECEIVE A MEAL FROM CITYMEALS</p>	<p>2 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice Pear</p>	<p>3 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice</p>	<p>4 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Applesauce Orange Juice</p>
<p>5 Lasagna Rollettes Carrots Steamed Broccoli Apple Juice Canned Mandarin</p>	<p>6 Meatballs Pasta California Blend Vegetables Apple Orange Pineapple Juice</p>	<p>7 Oven Fried Chicken Broccoli and Red Peppers Red Bliss Potatoes Applesauce Orange Juice</p>	<p>8 Ground Beef Stuffed Bell Peppers with Cheese Carrots Steamed Green Beans Apple Juice Banana</p>	<p>9 BBQ Chicken Leg Quarters Baked Potatoes Boiled Southern Greens Orange Juice Pear</p>	<p>10 Baked Fish with Zucchini Pasta with Sweet Peas Steamed Broccoli Orange & Orange Pineapple Juice</p>	<p>11 Beef Salisbury Steak with Mushroom Sauce California Blend Vegetables Instant Mashed Potatoes Apple Juice Canned Mandarin</p>
<p>12 Vegetable Baked Ziti with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Applesauce Orange Pineapple Juice</p>	<p>13 Chili con Carne White Rice Vegetable Mix Apple Orange Juice</p>	<p>14 Brown Stew Chicken Collard Greens with Tomato Red Bliss Potatoes Apple Juice Pear</p>	<p>15 German Pot Roast Red Bliss Potatoes Vegetable Mix Orange Juice Apple</p>	<p>16 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello</p>	<p>17 Coconut Crusted Tilapia Tartar Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Apple Juice Tangerine</p>	<p>18 Stewed Chicken Breast Smashed Red Potatoes Steamed Spinach Orange Pineapple Juice Canned Peaches</p>
<p>19 Black Beans and Sweet Potato Chili White Rice Broccoli and Red Pepper Salad Canned Pears Orange Juice</p>	<p>20 CENTER CLOSED</p> <p>YOU WILL RECEIVE A BOX FROM CITYMEALS</p>	<p>21 Chicken Parmesan Homemade Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice</p>	<p>22 Beef Meatloaf Brown Gravy Smashed Red Potatoes Steamed Carrots Orange Juice Pear</p>	<p>23 Baked Chicken Quarters Baked Macaroni and Cheese Sautéed Spinach Apple Juice Canned Pineapple</p>	<p>24 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange & Orange Pineapple Juice</p>	<p>25 Baked Breaded Chicken Cutlet Brown Gravy Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice</p>
<p>26 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Canned Pineapple</p>	<p>27 Beef and Broccoli Brown Rice Oriental Blend Orange Pineapple Juice Pear</p>	<p>28 Chicken Legs with Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello</p>	<p>29 Spaghetti with Meat Sauce Brussel Sprouts Steamed Broccoli Apple Juice Orange</p>	<p>30 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Strawberry and Applesauce</p>	<p>31 Baked Tilapia Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Kiwi Orange Juice</p>	<p>**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</p>

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Black Beans and Sweet Potato Chili White Rice Broccoli and Red Pepper Salad Canned Pears Orange Juice	2 Stewed Pork Chops Black Beans and Rice Sautéed String Beans Apple Juice Sliced Canned Peaches	3 Chicken Parmesan Homemade Tomato Sauce cup Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	4 Beef Meatloaf Brown Gravy Smashed Red Potatoes Steamed Carrots Orange Juice Pear	5 Baked Chicken Baked Macaroni and Cheese Sautéed Spinach Apple Juice Canned Pineapple	6 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange & Pineapple Juice	7 Baked Breaded Chicken Cutlet Brown Gravy Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice
8 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Canned Pineapple	9 Beef and Broccoli Oriental Blend Orange Pineapple Juice Pear Brown Rice	10 Chicken Legs with Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello	11 Spaghetti with Meat Sauce Brussel Sprouts Steamed Broccoli Apple Juice Orange	12 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Strawberry and Applesauce	13 Baked Tilapia Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Kiwi Orange Juice	14 Stuffed Shells Sautéed Zucchini Steamed Green Beans Apple Juice Fruit Cocktail
15 Chicken Breast with Mushrooms and Peppers Brown Rice Steamed Broccoli and Cauliflower Canned Mandarin Oranges & Orange Pineapple Juice	16 Baked Ziti with Meat Sauce Sautéed Spinach Steamed Carrots Apple Orange Juice	17 Corned Beef Boiled Potatoes Steamed Cabbage Apple Juice Tapioca Pudding	18 Baked Chicken Quarters Yellow Rice Broccoli and Red Peppers Fruit Cocktail Orange Pineapple Juice	19 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	20 Baked Breaded Fish Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple Juice Orange	21 Chicken Fricassee White Rice Steamed Carrots Canned Pears Orange Pineapple Juice
22 Coconut Crusted Tilapia Carrots and Raisins Garlic and Rosemary Roasted Potatoes Orange Juice Canned Peaches	23 Stewed Beef Smashed Red Potatoes Steamed Broccoli and Cauliflower Apple Juice Orange	24 Chicken Parmesan Penne Steamed Green Beans Apple Orange Pineapple Juice	25 Beef Salisbury Steak with Mushroom Sauce Homemade Mashed Potatoes Sautéed Spinach Orange Juice Sliced Canned Peaches	26 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice	27 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice	28 Chicken Parmesan Whole Wheat Spaghetti California Blend Vegetables Applesauce Orange Juice
29 Lasagna Rollettes Carrots Steamed Broccoli Apple Juice Canned Mandarin Oranges	30 Meatballs Pasta California Blend Vegetables Apple Orange Pineapple Juice	31 Oven Fried Chicken Broccoli and Red Peppers Red Bliss Potatoes Applesauce Orange Juice		<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, & Vitamin C Enriched fruit juice</i>	HOT REGULAR MENU MARCH 2020

