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**
<table>
<thead>
<tr>
<th>Sunday (Frozen Only)</th>
<th>Monday</th>
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<th>Friday</th>
<th>Saturday (Frozen Only)</th>
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</thead>
<tbody>
<tr>
<td><strong>KOSHER MENU</strong></td>
<td></td>
<td></td>
<td><strong>1 CENTRAL CLOSED</strong></td>
<td><strong>2 Stuffed Cabbage w/ Beef &amp; Barley &amp; Toasted Onion Steamed Green Beans Apple Juice Orange Juice</strong></td>
<td><strong>3 Brown Gravy Roasted Chicken Challah Bread Potato Kugel Steamed Carrots Apple Juice Tangerine</strong></td>
<td><strong>4 Beef and Chicken Meatloaf Tomato Sauce Brown Rice Steamed Broccoli Healthy Strawberry Apple Juice Orange Juice</strong></td>
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<tr>
<td><strong>JANUARY 2020</strong></td>
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<td></td>
<td><strong>YOU WILL RECEIVE A MEAL FROM CITYMEALS</strong></td>
<td><strong>YOU WILL RECEIVE A BOX FROM CITYMEALS</strong></td>
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<tr>
<td>5 Cheese Blintzes</td>
<td>6 Salisbury Steak</td>
<td>7 Baked Flounder Fish</td>
<td>8 Chicken Shawarma (Oven-Roasted) White Rice Steamed Carrots Orange Pineapple Juice Pear</td>
<td>9 Sweet and Sour Meatballs Bowtie Pasta with Kasha Steamed Broccoli Applesauce Orange Juice</td>
<td>10 Brown Gravy Roasted Chicken Challah Bread Roasted Butternut Squash Cauliflower Soufflé Apple Juice Orange</td>
<td>11 Baked Hoki Fish with Marsala Mushroom Sauce Roasted Vegetable Couscous Steamed Kale Banana Orange Pineapple Juice</td>
</tr>
<tr>
<td>Carrot Tzimmes</td>
<td>Green Beans Mashed Potatoes, Apple Juice Kiwi</td>
<td>Creamy Spinach Apple Orange Juice</td>
<td>(Oven-Roasted) White Rice Steamed Carrots Orange Pineapple Juice Pear</td>
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<tr>
<td>Steamed Peas</td>
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<td>Pineapple Juice</td>
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<td>Mixed Vegetables</td>
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<td>Sautééd Zucchini</td>
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<tr>
<td>Apple Juice Orange</td>
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<tr>
<td>19 Vegetable Baked Ziti</td>
<td>20 CENTER CLOSED</td>
<td>21 Swedish Meatballs with Beef and Turkey Pasta California Blend Vegetables Kiwi Orange Juice</td>
<td>22 Beef Pot Roast Toasted Barley with Onions Steamed Broccoli Apple Orange Pineapple Juice</td>
<td>23 Turkey Meat Sauce Pasta Green Beans Banana OJ Pineapple Juice</td>
<td>24 Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Tangerine</td>
<td>25 Beef and Turkey Meatloaf w. Mushroom Gravy Orzo Braised Red Cabbage with Apples Orange Juice Pear</td>
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<tr>
<td>Italian Blend</td>
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<td>Italian Meatballs with Beef &amp; Turkey Tomato Sauce Pasta Green Beans Apple Juice Orange</td>
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<tr>
<td>26 Cheddar Cheese Veggie Spanish Omelet Home Fries Italian Blend Vegetables Strawberry and Applesauce OJ Pineapple Juice</td>
<td>27 Italian Meatballs w Beef &amp;Turkey Tomato Sauce Pasta Green Beans Apple Juice Orange</td>
<td>28 Baked Breaded Chicken Cutlet Brown Gravy Roasted Beets Mashed Potatoes, Healthy Peach Apple Sauce Orange Juice</td>
<td>29 Stuffed Cabbage with Beef Toasted Barley with Mushrooms California Blend Vegetables Orange Pineapple Juice Pear</td>
<td>30 Breaded Sole Fish Fillet Dill Lemon Sauce Rice A Roni Steamed Carrots Apple Orange Juice</td>
<td>31 Rosemary Chicken Challah Bread Red Bliss Potatoes Dill Apple Juice Spinach Soufflé Apple Juice Banana</td>
<td><strong>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</strong></td>
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<td><strong>KOSHER MENU</strong></td>
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<tr>
<td>Apple Tangerine</td>
<td>Pineapple Glazed Salmon Rice A Roni Sautéed Zucchini Apple Orange Juice</td>
<td>Baked Onions Turkey Burger Hamburger Bun Mashed Sweet Potatoes Braised Red Cabbage Apple Juice Kiwi</td>
<td>Spanish Style Baked Chicken Rice Pilaf Roasted Beets Orange Pineapple Juice Pear</td>
<td>Stuffed Cabbage w Beef Mauzone Toasted Barley &amp;amp Onion Steamed Green Beans Banana Orange Juice</td>
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<td>Orange Pineapple Juice</td>
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<td>16 Cheese Blintzes</td>
<td>17 CENTER CLOSED YOU WILL RECEIVE A BOX FROM CITYMEALS</td>
<td>18 Baked Flounder Fish Orzo Creamy Spinach Apple Orange Juice</td>
<td>19 Chicken Shawarma White Rice Steamed Carrots Orange Pineapple Juice Pear</td>
<td>20 Sweet and Sour Meatballs Bowtie Pasta with Kasha Steamed Broccoli Applesauce Orange Juice</td>
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<td>Orange Juice</td>
<td>24 Beef Meatloaf with Mushroom Gravy Mashed Potatoes, Steamed Broccoli Apple Orange Juice</td>
<td>25 BBQ Chicken Breasts Brown Rice Steamed Carrots Apple Orange Juice</td>
<td>26 Baked Salmon Moroccan Sauce Vegetable Couscous Kale with Garlic Sauce Banana OJ Pineapple Juice</td>
<td>27 Turkey with Gravy Mashed Sweet Potatoes Steamed Green Beans Strawberry and Applesauce Orange Juice</td>
<td>28 Hawaiian Chicken Legs Challah Bread Roasted Potatoes California Blend Vegetables Apple Juice Kiwi</td>
<td>29 Baked Flounder Fish Honey Dijon Sauce Butternut Squash Braised Red Cabbage Orange Juice Pear</td>
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| **1 Vegetable**  
**Baked Ziti**  
Pasta  
Italian Blend  
Vegetables  
Sautéed Zucchini  
Apple  
Orange Pineapple Juice | **2 Baked Fish** with  
Sweet and Sour Sauce  
Yellow Rice  
Steamed Kale  
Apple Juice  
Orange | **3 Swedish Meatballs** with  
Beef and Turkey  
Pasta  
California Blend Vegetables  
Kiwi  
Orange Pineapple Juice | **4 Beef Pot Roast**  
Toasted Barley with  
Onions  
Steamed Broccoli  
Apple  
Orange Pineapple Juice | **5 Turkey Meat Sauce**  
Pasta  
Green Beans  
Banana  
Orange Juice | **6 Roasted Chicken**  
Challah Bread  
Potato Kugel  
Carrot Tzimmes  
Apple Juice  
Tangerine | **7 Beef and Turkey Meatloaf** with  
Mushroom Gravy  
Orzo  
Brased Red Cabbage  
Apples  
Orange Juice  
Pear |
| **8 Cheddar Cheese**  
Veggie  
Spanish Omelet  
Home Fries  
Italian Blend  
Vegetables  
Strawberry and Applesauce  
Orange Pineapple Juice | **9 Italian Meatballs** with  
Beef and Turkey  
Tomato Sauce  
Pasta  
Green Beans  
Apple Juice  
Orange | **10 Baked Breaded Chicken Cutlet**  
Brown Gravy  
Roasted Beets  
Mashed Potatoes  
Healthy Peach  
Apple Sauce  
Orange Pineapple Juice | **11 Stuffed Cabbage w Beef**  
Toasted Barley with  
Mushrooms  
California Blend Vegetables  
Orange Pineapple Juice  
Pear | **12 Breaded Sole Fish Fillet**  
Dill Lemon Sauce  
Rice A Roni  
Steamed Carrots  
Apple  
Orange Juice | **13 Rosemary Chicken**  
Challah Bread  
Red Bliss Potatoes  
Spinach Soufflé  
Apple Juice  
Banana | **14 Brown Gravy Salisbury Steak**  
Yellow Rice  
Sautéed Zucchini  
Kiwi  
Orange Pineapple Juice |
| **15 Cheese Blintzes**  
Green Beans  
Steamed Carrots  
Apple Juice  
Tangerine | **16 Teriyaki Chicken Breast**  
White Rice  
Oriental Blend Vegetables  
Apple  
Orange Juice | **17 Baked Hoki Fish** with  
Marsala Mushroom Sauce  
Barley with Lima Beans  
Baby Carrots with  
Parsley  
Apple Juice  
Pear | **18 Breaded Southern Steam**  
Brown Gravy  
Mashed Potatoes  
Normandy Blend Strawberry and Applesauce  
Orange Pineapple Juice  
Pear | **19 Black Beans**  
and Mushrooms  
Vegan Burger  
Kale with Garlic  
Sauce  
Roasted Butternut Squash  
Banana  
Orange Juice | **20 BBQ Chicken**  
Challah Bread  
Spiced Sweet Potatoes  
Green Beans  
Apple Juice  
Orange | **21 Beef and Chicken Meatballs**  
Moroccan Style  
Sauce  
Cous Cous  
Steamed Broccoli  
Apple  
Orange Juice |
| **22 Stuffed Shells**  
with Cheese  
Mixed Vegetables  
Steamed Kale  
Kiwi  
Orange Pineapple Juice | **23 Pineapple Glazed Salmon**  
Rice A Roni  
Sautéed Zucchini  
Apple  
Orange Juice | **24 Baked Onions Turkey Burger**  
Hamburger Bun,  
Mashed Sweet Potatoes  
Braised Red Cabbage  
Apple Juice  
Kiwi | **25 Spanish Style Baked Chicken**  
Rice Pilaf  
Roasted Beets  
Orange Pineapple Juice  
Pear | **26 Stuffed Cabbage w Beef**  
Mauzone Toasted  
Barley &amp  
Onion  
Steamed Green Beans  
Banana  
Orange Juice | **27 Brown Gravy Roasted Chicken**  
Challah Bread  
Potato Kugel  
Steamed Carrots  
Apple Juice  
Tangerine | **28 Beef and Chicken Meatloaf**  
Tomato Sauce  
Brown Rice  
Steamed Broccoli  
Healthy Strawberry and Applesauce  
Orange Juice |
| **29 Cheese Blintzes**  
Carrot Tzimmes  
Steamed Peas  
Apple  
Orange Pineapple Juice | **30 Salisbury Steak**  
Green Beans  
Mashed Potatoes,  
Apple Juice  
Kiwi | **31 Baked Flounder Fish**  
Orzo  
Creamy Spinach  
Apple  
Orange Juice | **KOSHER MENU**  
**MARCH**  
2020 | **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** | ****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** |