

LUNCH MENU

Senior Center Name: **ENCORE COMMUNITY SERVICES HOME DELIVERED MEALS 36G**

Menu Cycle: **Fall/Winter** Cycle Date: **9/28/2020** To **3/28/2021** Week: **1**

Menu Name: **15742--ENCORE FROZEN HDML - 2020_2021 Fall/Winter**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	09/28/2020 11/09/2020 12/21/2020 02/01/2021 03/15/2021	09/29/2020 11/10/2020 12/22/2020 02/02/2021 03/16/2021	09/30/2020 11/11/2020 12/23/2020 02/03/2021 03/17/2021	10/01/2020 11/12/2020 12/24/2020 02/04/2021 03/18/2021	10/02/2020 11/13/2020 12/25/2020 02/05/2021 03/19/2021	10/03/2020 11/14/2020 12/26/2020 02/06/2021 03/20/2021	10/04/2020 11/15/2020 12/27/2020 02/07/2021 03/21/2021
Entrée 3 oz (cooked) protein or equivalent	Cheese Tortellini Homemade Tomato Sauce 1/2 cup	Stewed Chicken Breast	Jumbo Stuffed Shells with Meat Sauce	Brown Gravy Turkey Meatballs	Baked Tilapia Light Basil Cream Sauce	Stewed Beef	Black Bean and Sweet Potato Chili
Grains 1-2 servings	Whole Wheat Bread	Smashed Red Potatoes Whole Wheat Bread	Whole Wheat Bread	Mashed Sweet Potatoes Whole Wheat Bread	Egg Barley with Mushrooms Whole Wheat Bread	Red Bliss Potatoes Whole Wheat Bread	Brown Rice (1/2 cup) Whole Wheat Bread
Vegetables 1-2 servings	Baby Carrots with Parsley Green Beans	Collard Greens with Tomato	Brussel Sprouts Italian Blend Vegetables	Steamed Green Beans	Baby Carrots with Parsley	Steamed Spinach	Broccoli and Red Peppers
Fruit or Fruit Juice 1-2 servings	Apple Orange Juice	Apple Juice Pear	Orange Orange Pineapple Juice	Sliced Canned Peaches	Kiwi	Canned Mandarin Oranges	Canned Pears
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

Approved by: Jerry Tan

Date Approved: 9/4/2020

LUNCH MENU

Senior Center Name: **ENCORE COMMUNITY SERVICES HOME DELIVERED MEALS 36G**

Menu Cycle: **Fall/Winter** Cycle Date: **9/28/2020** To **3/28/2021** Week: **2**

Menu Name: **15742--ENCORE FROZEN HDML - 2020_2021 Fall/Winter**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10/05/2020 11/16/2020 12/28/2020 02/08/2021 03/22/2021	10/06/2020 11/17/2020 12/29/2020 02/09/2021 03/23/2021	10/07/2020 11/18/2020 12/30/2020 02/10/2021 03/24/2021	10/08/2020 11/19/2020 12/31/2020 02/11/2021 03/25/2021	10/09/2020 11/20/2020 01/01/2021 02/12/2021 03/26/2021	10/10/2020 11/21/2020 01/02/2021 02/13/2021 03/27/2021	10/11/2020 11/22/2020 01/03/2021 02/14/2021 03/28/2021
Entrée 3 oz (cooked) protein or equivalent	Salisbury Steak (Pre-prepared)	Chicken Parmesan Homemade Tomato Sauce 1/4 cup	Beef Meatloaf Brown Gravy	Baked Chicken Quarters	Baked Fish with Cream Sauce	Baked Breaded Chicken Cutlet Brown Gravy	Turkey Meat Sauce
Grains 1-2 servings	Rice Pilaf Whole Wheat Bread	Spaghetti Whole Wheat Bread	Smashed Red Potatoes Whole Wheat Bread	Baked Macaroni and Cheese Whole Wheat Bread	Rice, Yellow Whole Wheat Bread	Garlic Mashed Potatoes Whole Wheat Bread	Spaghetti Whole Wheat Bread
Vegetables 1-2 servings	Sauteed String Beans	Italian Blend Vegetables	Steamed Carrots	Sauteed Spinach	California Blend Vegetables	Steamed Carrots	Kale and Lemon
Fruit or Fruit Juice 1-2 servings	Apple Juice Sliced Canned Peaches	Apple Orange Pineapple Juice	Orange Juice Pear	Apple Juice Canned Pineapple	Orange	Canned Mandarin Oranges	Sliced Canned Peaches
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

Approved by: Jerry Tan

Date Approved: 9/4/2020

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Senior Center Name: **ENCORE COMMUNITY SERVICES HOME DELIVERED MEALS 36G**

Menu Cycle: **Fall/Winter** Cycle Date: **9/28/2020** To **3/28/2021** Week: **3**

Menu Name: **15742--ENCORE FROZEN HDML - 2020_2021 Fall/Winter**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10/12/2020 11/23/2020 01/04/2021 02/15/2021	10/13/2020 11/24/2020 01/05/2021 02/16/2021	10/14/2020 11/25/2020 01/06/2021 02/17/2021	10/15/2020 11/26/2020 01/07/2021 02/18/2021	10/16/2020 11/27/2020 01/08/2021 02/19/2021	10/17/2020 11/28/2020 01/09/2021 02/20/2021	10/18/2020 11/29/2020 01/10/2021 02/21/2021
Entrée 3 oz (cooked) protein or equivalent	Teriyaki Chicken Thighs	Beef Meatballs in Tomato Sauce	Cranberry Chicken	Meat Sauce	Baked Tilapia Light Basil Cream Sauce	Homemade Tomato Sauce 1/4 cup Stuffed Shells (Pre-Prepared)	Chicken Breast with Mushrooms and Peppers
Grains 1-2 servings	Brown Rice (1/2 cup) Whole Wheat Bread	Spaghetti Whole Wheat Bread	Whole Wheat Bread	Pasta (1/2 cup) Whole Wheat Bread	Red Bliss Potatoes Whole Wheat Bread	Whole Wheat Bread	Brown Rice (1/2 cup) Whole Wheat Bread
Vegetables 1-2 servings	Steamed Green Beans	Steamed Broccoli and Cauliflower	Baby Carrots with Parsley Corn and Red Peppers	Sauteed Spinach	California Blend Vegetables	Sauteed Zucchini Steamed Green Beans	Steamed Broccoli and Cauliflower
Fruit or Fruit Juice 1-2 servings	Apple Juice Canned Mandarin Oranges	Apple Orange Pineapple Juice	Orange Juice Pear	Orange	Kiwi Orange Pineapple Juice	Fruit Cocktail	Canned Mandarin Oranges
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

Approved by: Jerry Tan

Date Approved: 9/4/2020

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Senior Center Name: **ENCORE COMMUNITY SERVICES HOME DELIVERED MEALS 36G**

Menu Cycle: **Fall/Winter** Cycle Date: **9/28/2020** To **3/28/2021** Week: **4**

Menu Name: **15742--ENCORE FROZEN HDML - 2020_2021 Fall/Winter**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10/19/2020 11/30/2020 01/11/2021 02/22/2021	10/20/2020 12/01/2020 01/12/2021 02/23/2021	10/21/2020 12/02/2020 01/13/2021 02/24/2021	10/22/2020 12/03/2020 01/14/2021 02/25/2021	10/23/2020 12/04/2020 01/15/2021 02/26/2021	10/24/2020 12/05/2020 01/16/2021 02/27/2021	10/25/2020 12/06/2020 01/17/2021 02/28/2021
Entrée 3 oz (cooked) protein or equivalent	Beef Salisbury Steak with Mushroom Sauce	Maple Dijon Chicken Thighs	Sweet and Sour Meatballs	Chicken Breast with Mushrooms and Peppers	Sweet Potato Coconut Curry Fish	Lasagna Rollettes	Baked Breaded Chicken Cutlet
Grains 1-2 servings	Brown Rice (1/2 cup) Whole Wheat Bread	Garlic and Rosemary Roasted Potatoes Whole Wheat Bread	Perfect White Rice Whole Wheat Bread	Egg Noodles Whole Wheat Bread	Cous Cous Whole Wheat Bread	Whole Wheat Bread	Garlic and Rosemary Roasted Potatoes Whole Wheat Bread
Vegetables 1-2 servings	Steamed Green Beans	California Blend Vegetables	Baby Carrots with Parsley	Steamed Broccoli and Cauliflower	Italian Blend Vegetables	Broccoli and Red Peppers Roasted Zucchini	Kale and Lemon
Fruit or Fruit Juice 1-2 servings	Apple Orange Juice	Apple Juice Orange	Orange Pineapple Juice Pear	Kiwi	Canned Mandarin Oranges	Canned Pears	Sliced Canned Peaches
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert				Fruited Jello			
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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Senior Center Name: **ENCORE COMMUNITY SERVICES HOME DELIVERED MEALS 36G**

Menu Cycle: **Fall/Winter** Cycle Date: **9/28/2020** To **3/28/2021** Week: **5**

Menu Name: **15742--ENCORE FROZEN HDML - 2020_2021 Fall/Winter**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10/26/2020 12/07/2020 01/18/2021 03/01/2021	10/27/2020 12/08/2020 01/19/2021 03/02/2021	10/28/2020 12/09/2020 01/20/2021 03/03/2021	10/29/2020 12/10/2020 01/21/2021 03/04/2021	10/30/2020 12/11/2020 01/22/2021 03/05/2021	10/31/2020 12/12/2020 01/23/2021 03/06/2021	11/01/2020 12/13/2020 01/24/2021 03/07/2021
Entrée 3 oz (cooked) protein or equivalent	Homemade Tomato Sauce 1/4 cup Stuffed Shells with Cheese	BBQ Chicken Leg Quarters	Beef Salisbury Steak with Mushroom Sauce	Chicken Parmesan Homemade Tomato Sauce 1/4 cup	Tilapia with Lemon Dill Sauce	Stuffed Shells (Pre-Prepared)	Brown Gravy Pre-prepared Meatballs
Grains 1-2 servings	Whole Wheat Bread	Brown Rice with Pigeon Peas Whole Wheat Bread	Homemade Mashed Potatoes Whole Wheat Bread	Whole Wheat Bread Whole Wheat Spaghetti	Mashed Sweet Potatoes Whole Wheat Bread	Whole Wheat Bread	Pasta (1/2 cup) Whole Wheat Bread
Vegetables 1-2 servings	Steamed Broccoli Steamed Green Beans	Collard Greens	Sauteed Spinach	Brussel Sprouts	Baby Carrots with Parsley	Steamed Broccoli Steamed Cauliflower	Italian Blend Vegetables
Fruit or Fruit Juice 1-2 servings	Apple Juice Orange	Apple Orange Juice	Orange Pineapple Juice Pear	Healthy Strawberry and Applesauce Orange Juice	Apple Juice Canned Mandarin Oranges	Applesauce Orange Juice	Apple Juice Dole Fruit Cup
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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Senior Center Name: **ENCORE COMMUNITY SERVICES HOME DELIVERED MEALS 36G**

Menu Cycle: **Fall/Winter** Cycle Date: **9/28/2020** To **3/28/2021** Week: **6**

Menu Name: **15742--ENCORE FROZEN HDML - 2020_2021 Fall/Winter**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11/02/2020 12/14/2020 01/25/2021 03/08/2021	11/03/2020 12/15/2020 01/26/2021 03/09/2021	11/04/2020 12/16/2020 01/27/2021 03/10/2021	11/05/2020 12/17/2020 01/28/2021 03/11/2021	11/06/2020 12/18/2020 01/29/2021 03/12/2021	11/07/2020 12/19/2020 01/30/2021 03/13/2021	11/08/2020 12/20/2020 01/31/2021 03/14/2021
Entrée 3 oz (cooked) protein or equivalent	Spanish Style Baked Chicken	Beef and Pepper Pasta	BBQ Chicken Leg Quarters	Baked Ziti with Meat Sauce	Homemade Coconut Breaded Tilapia	Beef Salisbury Steak with Mushroom Sauce	Baked Breaded Chicken Cutlet
Grains 1-2 servings	Whole Wheat Bread Yellow Plantain	Whole Wheat Bread	Mashed Sweet Potatoes Whole Wheat Bread	Whole Wheat Bread	Rice Pilaf Whole Wheat Bread	Garlic Mashed Potatoes Whole Wheat Bread	Whole Wheat Bread
Vegetables 1-2 servings	Steamed Green Beans	California Blend Vegetables	Kale with Tomato	Broccoli, Steamed Steamed Carrots	Oriental Blend	Sauteed Spinach	Broccoli and Red Peppers Steamed Carrots
Fruit or Fruit Juice 1-2 servings	Apple Orange Pineapple Juice	Orange Juice Pear	Apple Juice Orange	Kiwi	Orange	Canned Mandarin Oranges	Applesauce
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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