

LUNCH MENU

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

Menu Cycle: **Spring** Cycle Date: **3/29/2021** To **6/27/2021** Week: **1**

Menu Name: **16206--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Spring 2021** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	03/29/2021 05/10/2021 06/21/2021	03/30/2021 05/11/2021 06/22/2021	03/31/2021 05/12/2021 06/23/2021	04/01/2021 05/13/2021 06/24/2021	04/02/2021 05/14/2021 06/25/2021	04/03/2021 05/15/2021 06/26/2021	04/04/2021 05/16/2021 06/27/2021
Entrée 3 oz (cooked) protein or equivalent	Teriyaki Tilapia	Chicken Marsala	Veggie Burgers (pre-packaged Kosher)	Breaded Southern Steak	BBQ Chicken	Sweet and Sour Meatballs	Stuffed Shells with Cheese
Grains 1-2 servings	White Rice Whole Wheat Bread	Kasha Varnishkes Whole Wheat Bread	Brown Rice (1/2 cup) Whole Wheat Bread	Whole Wheat Bread	Challah Bread	Egg Noodles Whole Wheat Bread	Whole Wheat Bread
Vegetables 1-2 servings	Oriental Blend Vegetables	Steamed Carrots	Kale with Garlic Sauce	Braised Red Cabbage with Apples Mashed Potatoes, 4 oz	Creamy Spinach (Dairy-Free) Spiced Sweet Potatoes	Winter Blend Vegetables	Mixed Vegetables (starchy) Steamed Kale
Fruit or Fruit Juice 1-2 servings	Orange Juice Pear	Apple Juice Fruit Cocktail	Applesauce Orange Pineapple Juice	Banana Orange Juice	Apple Juice Orange	Kiwi Orange Juice	Apple Orange Pineapple Juice
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: 3/15/2021

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

Menu Cycle: **Spring** Cycle Date: **3/29/2021** To **6/27/2021** Week: **2**

Menu Name: **16206--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Spring 2021** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/05/2021 05/17/2021	04/06/2021 05/18/2021	04/07/2021 05/19/2021	04/08/2021 05/20/2021	04/09/2021 05/21/2021	04/10/2021 05/22/2021	04/11/2021 05/23/2021
Entrée 3 oz (cooked) protein or equivalent	Horseradish-Crusted Salmon	Baked Onions Turkey Burger	TVP Sloppy Joe	Stuffed Cabbage with Beef	Hawaiian Chicken with Vegetables	Baked Fish with Cream Corn Sauce	Cheese Blintzes
Grains 1-2 servings	Whole Wheat Bread	Whole Wheat Bread	Rice Pilaf Whole Wheat Bread	Mauzone Toasted Barley and Onion Whole Wheat Bread	Challah Bread Noodles and Cabbage	Brown Rice (1/2 cup) Whole Wheat Bread	Whole Wheat Bread
Vegetables 1-2 servings	Braised Red Cabagge Mashed Potatoes, 4 oz	Roasted Beets Spiced Sweet Potatoes	Steamed Green Beans	Steamed Carrots	Winter Blend Vegetables	Sauteed Zucchini	Steamed Carrots Steamed Peas
Fruit or Fruit Juice 1-2 servings	Apple Orange Juice	Apple Juice Orange	Orange Juice Pear	Apple Juice Banana	Canned Pineapple Orange Juice	Applesauce Orange Pineapple Juice	Apple Juice Fruit Cocktail
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: **Spring** Cycle Date: **3/29/2021** To **6/27/2021** Week: **3**

Menu Name: **16206--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Spring 2021** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/12/2021 05/24/2021	04/13/2021 05/25/2021	04/14/2021 05/26/2021	04/15/2021 05/27/2021	04/16/2021 05/28/2021	04/17/2021 05/29/2021	04/18/2021 05/30/2021
Entrée 3 oz (cooked) protein or equivalent	Kotleti (Russian Chicken Patties)	Swedish Meatballs with Beef and Turkey	Black Beans and Mushrooms Vegan Burger	Baked Fish with Garlic Sauce	Roasted Chicken	Baked Breaded Fish	Lasagna Rolatini
Grains 1-2 servings	Kasha Varnishkes Whole Wheat Bread	Whole Wheat Bread	Cous Cous Whole Wheat Bread	Brown Rice with Beans Whole Wheat Bread	Challah Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables 1-2 servings	Roasted Beets	Green Beans Mashed Potatoes, 4 oz	Creamy Spinach (Dairy-Free)	Roasted Beets	Roasted Butternut Squash Steamed Kale	California Blend Vegetables Roasted Potatoes	Mixed Vegetables (starchy) Sautéed Zucchini
Fruit or Fruit Juice 1-2 servings	Apple Juice Canned Mandarin Oranges	Applesauce Orange Juice	Fruit Cocktail Orange Pineapple Juice	Banana Orange Juice	Apple Juice Kiwi	Apple Orange Pineapple Juice	Apple Juice Pear
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: **Spring** Cycle Date: **3/29/2021** To **6/27/2021** Week: **4**

Menu Name: **16206--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Spring 2021** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/19/2021 05/31/2021	04/20/2021 06/01/2021	04/21/2021 06/02/2021	04/22/2021 06/03/2021	04/23/2021 06/04/2021	04/24/2021 06/05/2021	04/25/2021 06/06/2021
Entrée 3 oz (cooked) protein or equivalent	Beef Meatloaf with Mushroom Gravy	BBQ Chicken Breasts	Vegan Stuffed Bell Peppers	Turkey with Gravy	Orange Chicken with Rosemary	Salmon Burger	Farmers Market Individual Omelets
Grains 1-2 servings	Whole Wheat Bread	Brown Rice (1/2 cup) Whole Wheat Bread	Pasta with Sweet Peas Whole Wheat Bread	Rice Pilaf Whole Wheat Bread	Challah Bread	Whole Wheat Bread	Whole Wheat Bread
Vegetables 1-2 servings	Kale with Garlic Sauce Mashed Potatoes, 4 oz	Sauteed Spinach	Steamed Carrots	Steamed Green Beans	California Blend Vegetables Roasted Potatoes	Braised Red Cabagge Mashed Butternut Squash	Homemade Mashed Potatoes Steamed Kale
Fruit or Fruit Juice 1-2 servings	Apple Juice Fruit Cocktail	Apple Orange Juice	Orange Pineapple Juice Sliced Canned Peaches	Banana Orange Juice	Apple Juice Orange	Applesauce Orange Juice	Canned Mandarin Oranges Orange Pineapple Juice
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: **Spring** Cycle Date: **3/29/2021** To **6/27/2021** Week: **5**

Menu Name: **16206--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Spring 2021** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/26/2021 06/07/2021	04/27/2021 06/08/2021	04/28/2021 06/09/2021	04/29/2021 06/10/2021	04/30/2021 06/11/2021	05/01/2021 06/12/2021	05/02/2021 06/13/2021
Entrée 3 oz (cooked) protein or equivalent	Breaded Southern Steak	Baked Pollack Fish Mustard Fish Sauce	Vegetable Baked Ziti with Whole Wheat Pasta	Homemade Tomato Sauce 1/4 cup Turkey Meatballs	Baked Oregano Chicken	Baked Falafel Patties	Cheese Blintzes
Grains 1-2 servings	Whole Wheat Bread	Brown Rice and Black Beans Whole Wheat Bread	Whole Wheat Bread	Pasta (1/2 cup) Whole Wheat Bread	Challah Bread Potato Kugel	Brown Rice with Mushrooms	Whole Wheat Bread
Vegetables 1-2 servings	Cauliflower Mash Corn and Peas	California Blend Vegetables	Italian Blend Vegetables Sauteed Zucchini	Green Beans	Carrot Tzimmes	Roasted Beets	Green Beans Steamed Carrots
Fruit or Fruit Juice 1-2 servings	Apple Juice Orange	Applesauce Orange Juice	Apple Juice Kiwi	Banana Orange Juice	Apple Juice Pear	Apple Orange Juice	Apple Juice Canned Pineapple
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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Menu Cycle: **Spring** Cycle Date: **3/29/2021** To **6/27/2021** Week: **6**

Menu Name: **16206--7 Day Frozen HDML- Glatt Kosher Caterer Mauzone- Spring 2021** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	05/03/2021 06/14/2021	05/04/2021 06/15/2021	05/05/2021 06/16/2021	05/06/2021 06/17/2021	05/07/2021 06/18/2021	05/08/2021 06/19/2021	05/09/2021 06/20/2021
Entrée 3 oz (cooked) protein or equivalent	Stuffed Cabbage with Beef	Baked Breaded Chicken Cutlet Brown Gravy	Chickpea Stew	Baked Fish Fillets Dill Lemon Sauce	Chicken Chasseur	Homemade Fish Cake	Vegetable Spanish Omelet
Grains 1-2 servings	Toasted Barley with Onions Whole Wheat Bread	Whole Wheat Bread	White Rice Whole Wheat Bread	Cous Cous Whole Wheat Bread	Challah Bread Rice A Roni	Egg Noodles Whole Wheat Bread	Whole Wheat Bread
Vegetables 1-2 servings	Winter Blend Vegetables	Mashed Potatoes, 4 oz Roasted Beets	Green Beans	Steamed Carrots	Spinach Souffle	Sauteed Zucchini	Home Fries Italian Blend Vegetables
Fruit or Fruit Juice 1-2 servings	Apple Juice Orange	Orange Juice Pear	Apple Juice Fruit Cocktail	Banana Orange Juice	Apple Orange Pineapple Juice	Kiwi Orange Juice	Apple Juice 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

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