

**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: **16090--ENCORE FROZEN HDML - SPRING 2021**

Menu Status: **\* Approved \***

<b>Menu Items</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	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
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Homemade Tomato Sauce 1/2 cup  Lasagna Rollettes	Brown Gravy  Salisbury Steak	Sweet and Sour Chicken Breasts	Baked Breaded Fish	Arroz con Pollo Chicken Breast and Rice	Black Bean and Sweet Potato Chili	Honey Mustard Chicken Breast
<b>Grains</b> 1-2 servings	Whole Wheat Bread	Baked Sweet Potato  Whole Wheat Bread	Perfect White Rice  Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread  Yellow Plantains	Brown Rice (1/2 cup)  Whole Wheat Bread	Smashed Red Potatoes  Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Capri Blend Vegetables  Normandy Blend	Roasted Zucchini	Steamed Broccoli	Peas and Pearl Onions  Steamed Carrots	Steamed Green Beans	California Blend Vegetables	Baby Carrots with Parsley
<b>Fruit or Fruit Juice</b> 1-2 servings	Sliced Canned Peaches	Apple  Orange Pineapple Juice	Orange Juice  Pear	Apple Juice  Canned Pineapple	Orange	Canned Mandarin Oranges	Apple Juice  Sliced Canned Peaches
<b>Milk &amp; Yogurt</b> 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%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

Approved by: Jerry Tan

Date Approved: 2/24/2021

**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: **2**

Menu Name: **16090--ENCORE FROZEN HDML - SPRING 2021**

Menu Status: **\* Approved \***

<b>Menu Items</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	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
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Baked Macaroni and Cheese	Teriyaki Chicken Thighs	Creamy Beef and Mushroom Sauce	Tilapia with Creole Sauce	Chicken Parmesan  Homemade Tomato Sauce 1/4 cup	Chili con Carne	Honey-Apricot Glazed Chicken
<b>Grains</b> 1-2 servings	Whole Wheat Bread	Perfect White Rice  Whole Wheat Bread	Egg Noodles  Whole Wheat Bread	Mashed Sweet Potatoes  Whole Wheat Bread	Pasta (1/2 cup)  Whole Wheat Bread	Brown Rice (1/2 cup)  Whole Wheat Bread	Garlic and Rosemary Roasted Potatoes  Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Roasted Zucchini  Steamed Green Beans	Sauteed Spinach	Broccoli, Steamed  Carrots	Steamed Green Beans	Steamed Broccoli  Steamed Cauliflower	Capri Blend Vegetables	Normandy Blend
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple  Orange Pineapple Juice	Apple Juice  Canned Mandarin Oranges	Orange Juice  Pear	Orange	Kiwi  Orange Pineapple Juice	Fruit Cocktail	Canned Mandarin Oranges
<b>Milk &amp; Yogurt</b> 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%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

Approved by: Jerry Tan

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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: **16090--ENCORE FROZEN HDML - 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
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Homemade Tomato Sauce 1/2 cup  Pre-prepared Meatballs	Glazed Honey Balsamic Chicken	Brown Gravy  Pre-prepared Meatloaf	Sweet Potato Coconut Curry Fish	BBQ Chicken Breasts	Vegetable Baked Ziti with Whole Wheat Pasta	Chili con Carne
<b>Grains</b> 1-2 servings	Pasta (1/2 cup)  Whole Wheat Bread	Rice Pilaf  Whole Wheat Bread	Garlic Mashed Potatoes  Whole Wheat Bread	Brown Rice (1/2 cup)  Whole Wheat Bread	Garlic and Rosemary Roasted Potatoes  Whole Wheat Bread	Whole Wheat Bread	Perfect White Rice  Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Broccoli, Steamed  Steamed Green Beans	Carrots	Sauteed Zucchini	Broccoli, Steamed	Collard Greens	Italian Blend Vegetables  Winter Blend Vegetables	California Blend Vegetables
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple	Apple Juice  Orange	Canned Mandarin Oranges  Pear	Kiwi	Canned Mandarin Oranges	Canned Pears  Orange Juice	Sliced Canned Peaches
<b>Milk &amp; Yogurt</b> 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%
<b>Dessert</b>				Fruited Jello			
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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Date Approved: 2/24/2021

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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: **4**

Menu Name: **16090--ENCORE FROZEN HDML - SPRING 2021**

Menu Status: **\* Approved \***

<b>Menu Items</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	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
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Honey Mustard Chicken Breast	Jumbo Stuffed Shells with Meat Sauce	Coconut Chicken Curry with Broccoli and Tomato	Teriyaki Baked Fish	Spanish Style Baked Chicken	Sweet and Sour Meatballs	Cheese Tortellini  Homemade Tomato Sauce 1/2 cup
<b>Grains</b> 1-2 servings	Garlic Mashed Potatoes  Whole Wheat Bread	Whole Wheat Bread	Cous Cous  Whole Wheat Bread	Perfect White Rice  Whole Wheat Bread	Whole Wheat Bread  Yellow Plantains	Brown Rice (1/2 cup)  Whole Wheat Bread	Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Baby Carrots with Parsley	Sauteed Zucchini  Steamed Green Beans	Steamed Cauliflower	Broccoli, Steamed	Steamed Green Beans	California Blend Vegetables	Capri Blend Vegetables  Italian Blend Vegetables
<b>Fruit or Fruit Juice</b> 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
<b>Milk &amp; Yogurt</b> 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%
<b>Condiments</b> 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: **5**

Menu Name: **16090--ENCORE FROZEN HDML - SPRING 2021**

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<b>Menu Items</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	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
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Chicken Marsala	Creamy Beef and Mushroom Sauce	Orange Chicken with Rosemary	Homemade Coconut Breaded Tilapia	Chicken Alfredo Penne	Black Bean and Sweet Potato Chili	Brown Gravy Grilled Chicken Breast
<b>Grains</b> 1-2 servings	Rice Pilaf Whole Wheat Bread	Egg Noodles Whole Wheat Bread	Baked Sweet Potato Whole Wheat Bread	Cuban Black Beans Whole Wheat Bread	Whole Wheat Bread	Brown Rice (1/2 cup) Whole Wheat Bread	Whole Grain Stuffing Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Baby Carrots with Parsley	Sauteed String Beans Steamed Broccoli	Kale and Lemon	Steamed Green Beans	Broccoli, Steamed Steamed Cauliflower	California Blend Vegetables	Italian Blend Vegetables Normandy Blend
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple Orange Pineapple Juice	Orange Juice Pear	Apple Juice Orange	Kiwi	Orange	Canned Mandarin Oranges	Applesauce Grape Juice, Unsweetened
<b>Milk &amp; Yogurt</b> 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%
<b>Condiments</b> 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: **16090--ENCORE FROZEN HDML - 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
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Meat Sauce	Chicken Cacciatore	Brown Gravy  Pre-prepared Meatballs	Baked Tilapia  Dill Lemon Sauce	Stewed Chicken Breast	Baked Macaroni and Cheese	BBQ Chicken Breasts
<b>Grains</b> 1-2 servings	Pasta (1/2 cup)  Whole Wheat Bread	Rice Pilaf  Whole Wheat Bread	Smashed Red Potatoes  Whole Wheat Bread	Baked Sweet Potato  Whole Wheat Bread	Whole Wheat Bread  Yellow Rice	Whole Wheat Bread	Homemade Mashed Potatoes  Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Broccoli, Steamed  Steamed Cauliflower	Steamed Green Beans	Carrots	Steamed Spinach	Broccoli, Steamed	Italian Blend Vegetables  Normandy Blend	Capri Blend Vegetables
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple  Orange Juice	Apple Juice  Pear	Orange  Orange Pineapple Juice	Sliced Canned Peaches	Kiwi	Canned Mandarin Oranges	Canned Pears
<b>Milk &amp; Yogurt</b> 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%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine

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