

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: **16139--ENCORE HOT HDML - 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	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
Grains 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
Vegetables 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
Fruit or Fruit Juice 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
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: 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: **16139--ENCORE HOT HDML - 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	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
Grains 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
Vegetables 1-2 servings	Broccoli, Steamed Steamed Green Beans	Carrots	Sauteed Zucchini	Broccoli, Steamed	Collard Greens	Italian Blend Vegetables Winter Blend Vegetables	California Blend Vegetables
Fruit or Fruit Juice 1-2 servings	Apple	Apple Juice Orange	Canned Mandarin Oranges Pear	Kiwi	Canned Mandarin Oranges	Canned Pears Orange Juice	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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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: **3**

Menu Name: **16139--ENCORE HOT 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
Entrée 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
Grains 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
Vegetables 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
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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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: **16139--ENCORE HOT HDML - 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	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
Grains 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
Vegetables 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
Fruit or Fruit Juice 1-2 servings	Apple Orange Pineapple Juice	Orange Juice Pear	Apple Juice Orange	Kiwi	Orange	Canned Mandarin Oranges	Applesauce Grape Juice, Unsweetened
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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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: **5**

Menu Name: **16139--ENCORE HOT HDML - 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	Meat Sauce	Chicken Cacciatore	Brown Gravy Pre-prepared Meatballs	Baked Tilapia Dill Lemon Sauce	Stewed Chicken Breast	Baked Macaroni and Cheese	BBQ Chicken Breasts
Grains 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
Vegetables 1-2 servings	Broccoli, Steamed Steamed Cauliflower	Steamed Green Beans	Carrots	Steamed Spinach	Broccoli, Steamed	Italian Blend Vegetables Normandy Blend	Capri Blend Vegetables
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

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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: **6**

Menu Name: **16139--ENCORE HOT 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
Entrée 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
Grains 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
Vegetables 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
Fruit or Fruit Juice 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
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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