

What's to Eat?

Breakfast is Monday through Friday from 7 a.m. to 9 a.m. See our Menu for the list of breakfast food and prices.

Walk-ins for breakfast are welcome, no reservations required. **PEOPLE OF ANY AGE AND FROM ANY CITY OR TOWN ARE WELCOME AT BREAKFAST!**

Lunch is Monday through Friday at 11:30 a.m. You need to register in advance for lunches.

Monday lunches are \$5 to \$10 and you can reserve a spot by contacting the front desk staff or calling 508-763-8723 or send an e-mail to EPoulin@townofrochester.com

Lunches Tuesday through Friday are provided by Coastline Elderly Services, Inc. A voluntary \$2.00 donation is appreciated. Please register up to 24 hours in advance by contacting the Coastline Elderly Nutrition Program at 508-999-6400, Ext. 3. Please refer to the Coastline Menu to see the food served each day and their Donation Policy.

MAY

MAY LUNCHES

LUNCHES AT THE ROCHESTER COUNCIL ON AGING

MONDAY, MAY 6TH - THE CAMBRAS & DANIELS & MARGIE O'BRIEN PRESENT CINCO DE MAYO- \$10.00 - MEXICAN THEMED LUNCH, SEE MENU POSTED AT CENTER OR ON FACEBOOK.

MONDAY, MAY 13TH—COASTLINE ELDERLY LUNCH—\$2 VOLUNTARY DONATION—MINESTRONE SOUP, AMERICAN CHOP SUEY, BROCCOLI, ROLL, PEARS

MONDAY, MAY 20TH - KEN VIERA—\$5.00—MENU TO BE ANNOUNCED

TUESDAY, MAY 21ST - MARSHA HARTLEY - \$10.00 - BAKED POTATO BASH! - BAKED SWEET & REGULAR POTATOES WITH LOTS OF GARNISH: BUTTER, SOUR CREAM, BACON, CHIVES, BROCCOLI, ETC. & BAKED POTATO CASSEROLE WITH HAM. CAESAR SALAD. CHOCOLATE CREAM PIE FOR DESSERT.

CALL 508-763-8723 TO REGISTER & VISIT THE FRONT DESK TO PAY. YOU MUST REGISTER ON THE FRIDAY BEFORE THE MONDAY BY NOON AT THE LATEST AND YOU MUST PAY IN ADVANCE!

Tues thru Fri—Lunches by Coastline Elderly— Call 508-999-6400, Ext. 3 to register.

TUESDAY

7TH - MEXICAN CHICKEN, SPANISH RICE, MIXED VEGGIES, OATMEAL ROLL, PINEAPPLE
14TH - CHEESE FLORENTINE, OMELETTE, HASH BROWNS, TOMATOES, BREAD, ORANGE JUICE
28TH - CHEESEBURGER, POTATOES, CORN, PEACHES

WEDNESDAY

1ST - BOURBON CHICKEN, POTATOES, CORN, CORN MUFFIN, MANDARIN ORANGE
8TH - VEGGIE SOUP, BEEF STROGANOFF W/EGG NOODLES, GREEN BEANS, FRUIT LOAF, BANANA
15TH- CHICKEN MARSALA, PENNE PASTA, BRUSSEL SPROUTS, OATMEAL ROLL, BANANA PUDDING
22ND - TOSSED SALAD, MEXICAN CHICKEN & BEAN CHILI, BROWN RICE, CORN MUFFIN, PINEAPPLE
29TH - CHICKEN PICATTA, BOWTIE PASTA, VEGGIES, ROLL, POUND CAKE

THURSDAY

2ND - ROAST PORK, MASHED POTATOES, SQUASH, OATMEAL BREAD, PEARS
9TH - CHICKEN CORDON BLEU, ROASTED POTATOES, VEGGIES, ROLL, STRAWBERRY SHORTCAKE
16TH- HOT DOG, BAKED BEANS, CABBAGE & CARROTS, PEACHES
23RD - TURKEY W/GRAVY, MASHED POTATOES, SQUASH, OATMEAL ROLL, OREO COOKIES, LORNA DOONE
30TH - MEATLOAF W/GRAVY, MASHED POTATOES, CARROTS, OATMEAL BREAD, APPLE

FRIDAY

3RD- TUNA NOODLE CASSEROLE, VEGGIES, ROLL, PLUM
10TH - PORL LO MEIN, VEGGIES, ROLL, MIXED FRUIT
17TH - TERRIYAKI SALMON, WHITE RICE, PEAS, ROLL, PINEAPPLE
24TH - BBQ PORK RIB SANDWICH, TATER TOTS, GREEN BEANS, APPLE
31ST - VEGGIE PRIMAVERA, PENNE PASTA, BROCCOLI, ROLL, ORANGES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.</p>	<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>1 Sodium (mg): Na⁺</p> <p>Bourbon Chicken 389 Yukon Gold Potatoes 5 Chuckwagon Corn 2 Corn Muffin 291 Mandarin Orange 7</p> <p>Total Sodium: 693 Calories: 560 Carbs: 85</p>	<p>2 Sodium (mg): Na⁺</p> <p>Roast Pork 141 w/ Apple Gravy 111 Parsley Mashed Potato 53 Butternut Squash 11 Oatmeal Bread 121 Pears 4</p> <p>Total Sodium: 441 Calories: 604 Carbs: 83</p>	<p>3 Sodium (mg): Na⁺</p> <p>Tuna Noodle 358 Casserole Mixed Veg 88 WW Roll 160 Plum</p> <p>Total Sodium: 606 Calories: 430 Carbs: 62</p>
<p>6</p> <p>Macaroni & Cheese 104 Escalloped Tomatoes 143 Dinner Roll 260 Tropical Fruit 10</p> <p>Total Sodium: 767 Calories: 613 Carbs: 81</p>	<p>7</p> <p>Mexican Chicken 413 Spanish Rice 22 Mixed Vegetables 41 Oatmeal Roll 121 Pineapple 1</p> <p>Total Sodium: 597 Calories: 408 Carbs: 63</p>	<p>8</p> <p>Vegetable Soup 174 Beef Stroganoff 290 w/ Egg Noodles 35 Green Beans 3 Fruit Loaf 160 Banana 1</p> <p>Total Sodium: 664 Calories: 903 Carbs: 101</p>	<p>9 *High Sodium Meal</p> <p>Chicken Cordon Blue *550 Roasted Potatoes 33 California Blend 27 Snowflake Roll 260 Strawberry Shortcake 176</p> <p>Total Sodium: 1046 Calories: 712 Carbs: 96</p>	<p>10</p> <p>Pork Lo Mein 254 Asian Blend Veg. 26 WW Roll 160 Mixed Fruit 10</p> <p>Total Sodium: 450 Calories: 545 Carbs: 80</p>
<p>13</p> <p>Minestrone Soup 239 American Chop Suey 211 Broccoli 12 WW Roll 160 Pears 4</p> <p>Total Sodium: 626 Calories: 551 Carbs: 79</p>	<p>14</p> <p>Cheese Florentine 392 Omelet Hash Browns 136 Florentine Tomatoes 121 WW Bread 160 Orange juice 5</p> <p>Total Sodium: 814 Calories: 491 Carbs: 59</p>	<p>15</p> <p>Chicken Marsala 439 Penne Pasta 62 Brussels Sprouts 12 Oatmeal Roll 121 Banana Pudding 100 Diet: SF Banana Pudding</p> <p>Total Sodium: 672 Calories: 443 Carbs: 55</p>	<p>16</p> <p>Hotdog* 550 Mustard & Relish 136 Baked Beans 36 Cabbage & Carrots 47 Hotdog Roll 210 Peaches 5</p> <p>Total Sodium: 984 Calories: 607 Carbs: 74</p>	<p>17</p> <p>Teriyaki Salmon 225 Fluffy White Rice 78 Peas 82 Multigrain Roll 190 Pineapple 1</p> <p>Total Sodium: 576 Calories: 484 Carbs: 72</p>
<p>20</p> <p>Greek Meatballs 328 Penne 1 Peas & Mushrooms 133 Multigrain Bread 190 Mandarins 6</p> <p>Total Sodium: 658 Calories: 564 Carbs: 76</p>	<p>21</p> <p>Shrimp Mozambique 434 Yellow Rice 31 Mixed Vegetables 41 WW Roll 160 Pears 4</p> <p>Total Sodium: 670 Calories: 770 Carbs: 72</p>	<p>22</p> <p>Tossed Salad 9 w/ Italian Dressing 119 Mexican Chicken 241 & Bean Chili Brown Rice 36 Corn Muffin 280 Pineapple 1</p> <p>Total Sodium: 686 Calories: 565 Carbs: 83</p>	<p>23</p> <p>Turkey w/ Gravy 373 Parsley Mashed 53 Potatoes Butternut Squash 11 Oatmeal roll 121 Oreo Cookies 85 LS: Lorna Doone 4</p> <p>Total Sodium: 643 Calories: 554 Carbs: 87</p>	<p>24</p> <p>BBQ Pork Rib Sandwich 403 Smiley Tots 33 Green Beans & Pepper 16 Hamburger Roll 230 Sliced Cinnamon Apple 4</p> <p>Total Sodium: 686 Calories: 446 Carbs: 59</p>
<p>27</p> <p>Cheese Burger 384 Ketchup 82 Lyonnais Potatoes 112 Corn 1 Hamburger Roll 230 Peaches 5</p> <p>Total Sodium: 814 Calories: 659 Carbs: 77</p>	<p>28</p> <p>Chicken Picatta 424 Bowtie Pasta 1 Jardiniere Blend Veg. 39 WW Roll 160 Birthday Pound Cake 240</p> <p>Total Sodium: 863 Calories: 569 Carbs: 78</p>	<p>29</p> <p>Meatloaf w/ Gravy 350 Mashed Potato 52 Glazed Carrots 83 Oatmeal Bread 121 Pink Lady Apple 2</p> <p>Total Sodium: 607 Calories: 524 Carbs: 87</p>	<p>30</p> <p>Veggie Primavera 345 Penne Pasta 1 Broccoli 12 Dinner Roll 210 Mandarins 6</p> <p>Total Sodium: 574 Calories: 438 Carbs: 76</p>	<p>31</p> <p>No Meals Served</p>

* Indicates a food with more than 500 mg sodium.

Please inform Coastline if you have any food allergies.

Consumers should anticipate frequent menu substitutions due to supply chain shortages.

Your voluntary \$2 donation today, provides more meals tomorrow.

COASTLINE ELDERLY SERVICES, INC.

DONATION POLICY

Under The Older Americans Act

- You are provided with the opportunity to donate to this program.
- Your donation is voluntary and will be kept confidential.
- You will not be denied services should you choose not to donate.
- Your donation will be used to expand services.

GRIEVANCE POLICY

Any elder who is dissatisfied with or has been denied a service, has the right to file a grievance with the Area Agency on Aging.

Your complaint must be filed within twenty-one (21) business days of the adverse action on forms provided by the Area Agency on Aging.

Your Area Agency on Aging is:

Coastline Elderly Services, Inc.
863 Belleville Avenue
New Bedford, MA 02745
Phone: 508-999-6400
TDD: 508-994-4265