

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.



APRIL LUNCHES

LUNCHES AT THE ROCHESTER COUNCIL ON AGING

MONDAY, APRIL 1ST - MARSHA HARTLEY - \$5.00 - BEEF CHILI, CORN BREAD, CAESAR SIDE SALAD, APPLE PIE WITH ICE CREAM

MONDAY, APRIL 8TH - THE CAMBRAS & DANIELS & MARGIE O'BRIEN- \$15.00 - HAWAIIAN THEMED LUNCH WITH LOTS OF FOOD & LUAU DANCERS! SEE MENU ON BULLETIN BOARD OR FACEBOOK.

MONDAY, APRIL 22ND - COASTLINE ELDERLY SERVICES - \$2.00 VOLUNTARY DONATION—REGISTER WITH COASTLINE—MENU IS: MINESTRONE SOUP, MAC N' CHEESE, WHOLE WHEAT ROLL, FRUIT

TUESDAY, APRIL 23RD - MARSHA HARTLEY - \$5.00 - CORN CHOWDER, ROAST BEEF SANDWICH, BREAD PUDDING WITH REAL WHIPPED CREAM

MONDAY, APRIL 29TH - KEN VIERA - \$5.00 - MENU TO BE ANNOUNCED

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

2ND - FISH SANDWICH, TATER TOTS, VEGGIES, BANANA

9TH - KALE SOUP, CHICKEN, RICE, BROCCOLI, BREAD, POUND CAKE

16TH - BEEF BURGUNDY, EGG NOODLES, PEAS, BREAD, PEARS

30TH - HOT DOG, BAKED BEANS, CABBAGE & CARROTS, SLICED APPLES

WEDNESDAY

3RD - HAM, ROASTED POTATOES, GREEN BEANS, ROLL, COOKIES

10TH - PORK LO MEIN, VEGGIES, OATMEAL ROLL, CLEMENTINE

17TH- TOSSED SALAD, MEATBALL SUB, POTATO WEDGES, GLAZED CARROTS, ROLL, ORANGE

24TH - MEATLOAF, AU GRATIN POTATO, VEGGIES, BREAD, CAKE

THURSDAY

4TH - CHICKEN FAJITA BOWL, RICE & BLACK BEANS, PEPPERS & ONIONS, BREAD, PINEAPPLE

11TH - CRUSTLESS TURKEY POT PIE, WHIPPED POTATOES, BISCUIT, MIXED FRUIT

18TH- GRILLED CHICKEN, RICE PILAF, BROCCOLI, ROLL, CHEESECAKE

25TH - ROAST TURKEY, MASHED POTATOES, VEGGIES, OATMEAL ROLL, LEMON PUDDING

FRIDAY

5TH- SEAFOOD SALAD, PASTA SALAD, BEET SALAD, PEACHES

12TH - CHILI GARLIC COD, RICE PILAF, GREEN BEANS, HONEY WHEAT BREAD, APPLESAUCE

19TH - PASTA BOLOGNESE, BRUSSEL SPROUTS, DINNER ROLL, MIXED FRUIT



26TH - POLLOCK W/NEWBURG SAUCE, BOWTIE PASTA, BEANS, DINNER ROLL, PINEAPPLE



April 2024



www.coastlinenb.org
508-999-6400 ext. 3

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sodium (mg): Na ⁺ Salisbury Steak 386 Mushroom Gravy 44 Mashed Potatoes 146 Glazed Carrots 56 WW Roll 80 Applesauce 49 Total Sodium: 843 Calories: 671 Carbs: 77	2 Sodium (mg): Na ⁺ Fish Sandwich 337 w/ Tartar Sauce 261 Tator Tots 27 Mixed Vegetables 41 Hamburger Roll 230 Banana 1 Total Sodium: 896 Calories: 826 Carbs: 103	3 *High Sodium Meal Sliced Ham* w/ 931 Pineapple Cherry Sauce 103 Oven Roasted Potatoe 33 Green Beans 3 Multigrain Roll 190 Sugar Cookie 171 Diet: Lorna Doone Total Sodium: 1432 Calories: 702 Carbs: 89	4 Sodium (mg): Na ⁺ Chicken Fajita Bowl 275 Rice & Black Beans 35 Peppers & Onions 3 Oatmeal Bread 121 Pineapple 1 Total Sodium: 436 Calories: 450 Carbs: 60	5 Sodium (mg): Na ⁺ Seafood Salad* 507 Pasta Salad 56 Beet Salad 173 Hot Dog Roll 210 Peaches 5 Total Sodium: 951 Calories: 497 Carbs: 76
8 A/B Sloppy Joe's 221 Potato Wedges 27 Hot Pineapple Slaw 81 Hamburger Roll 230 Pears 4 Total Sodium: 563 Calories: 508 Carbs: 67	9 A/B Kale Soup 173 Portuguese Chicken 360 Yellow Rice 31 Broccoli 12 WW Bread 160 Pound Cake 240 Total Sodium: 977 Calories: 642 Carbs: 91	10 A/B Pork Lo Mein 254 Oriental Vegetables 26 Oatmeal Roll 121 Clementine 6 Total Sodium: 407 Calories: 524 Carbs: 74	11 A/B Crustless Turkey 221 Pot Pie 26 Whipped Potatoes 52 Biscuit 340 Mixed Fruit 10 Total Sodium: 623 Calories: 567 Carbs: 75	12 A/B Chili Garlic Cod 293 Rice Pilaf 134 Green Beans 3 HoneyWheat Bread 135 Applesauce 15 Total Sodium: 580 Calories: 412 Carbs: 63
15 A/B  Patriot's Day No Meals Served	16 A/B Beef Burgundy 241 Egg Noodles 35 Peas 82 WW Bread 160 Pears 4 Total Sodium: 523 Calories: 638 Carbs: 73	17 A/B Tossed Salad 124 w/ Italian Dressi 210 Meatball Sub 27 Potato Wedges 83 Glazed Carrots 162 Sub Roll Fresh Orange Total Sodium: 660 Calories: 597 Carbs: 80	18 A/B Grilled Chicken w/ 377 Jardinier Sauce 134 Rice Pilaf 12 Broccoli 190 Multigrain Roll 280 Cheesecake Total Sodium: 994 Calories: 659 Carbs: 71	19 A/B Pasta Bolognese 164 w/ Tomato Basil Sauce 12 Brussel Sprouts 210 Dinner Roll 10 Mixed Fruit  Total Sodium: 395 Calories: 525 Carbs: 71
22 A/B Minestrone Soup 239 Macaroni N' Cheese 404 Escalloped Tomatoes 143 WW Roll 160 Tropical Fruit 10 Total Sodium: 956 Calories: 739 Carbs: 99	23 A/B Chicken Jambalaya 310 Confetti Rice 43 Snowflake Roll 260 Fresh Nectarine 7 Total Sodium: 619 Calories: 479 Carbs: 60	24 A/B Meatloaf 240 w/ Rosemary Gravy 124 Au Gratin Potato 154 Trio Vegetable Blend 57 WW Bread 460 Birthday Cake 209 Diet: LS cake Total Sodium: 944 Calories: 621 Carbs: 91	25 A/B Roast Turkey 303 w/ Gravy 70 Mashed Potatoes 52 Spring Blend 57 Oatmeal Roll 121 Lemon Pudding 100 Total Sodium: 703 Calories: 476 Carbs: 67	26 A/B Pollock "COTD" 180 w/ Newburg Sauce 66 Bowtie Pasta 1 Beans Bonanza 0 Dinner Roll 210 Pineapple 1 Total Sodium: 458 Calories: 376 Carbs: 62
29 A/B Buttermilk Chicken 459 Mashed Potatoes 52 Italian Blend Vegetab 26 Oatmeal Roll 121 Mixed Fruit 10 Total Sodium: 669 Calories: 498 Carbs: 73	30 A/B Hot Dog* 550 Baked Beans 36 Cabbage and Carrots 47 Hot Dog Roll 210 Sliced Apples 10 Total Sodium: 853 Calories: 586 Carbs: 68	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. The total carbohydrates reflect the lower sugar dessert items.	For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.	All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium

* 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