

# 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 range from \$5 to \$15 (see posted price) 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](mailto: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.

# JUNE

## JUNE LUNCHES

### LUNCHES AT THE ROCHESTER COUNCIL ON AGING

MONDAY, JUNE 3RD - MARSHA HARTLEY -\$10.00 - HAM & CHEESE SLIDERS, POTATO SALAD, APPLE CRISP

MONDAY, JUNE 10TH—BBQ—\$15.00—THE CAMBRAS & DANIELS - BEEF BRISKET, BBQ CHICKEN, MAC N' CHEESE, POTATO SALAD, COLE SLAW, CORN BREAD, DESSERT

MONDAY, JUNE 17TH - COASTLINE ELDERLY—\$2 VOLUNTARY DONATION— SWEET & SOUR MEATBALLS, BOW TIE NOODLES, GREEN BEANS, MULTIGRAIN ROLL, APPLESAUCE

TUESDAY, JUNE 18TH—MARSHA HARTLEY -\$10.00 - BLT CLUB, CHIPS, STRAWBERRY SHORTCAKE

MONDAY, JUNE 24TH—QUARTERLY BIRTHDAY LUNCHEON WITH CHEF KEN VIERA— FREE FOR ROCHESTER RESIDENTS AGE 60 OR OLDER WITH A BIRTHDAY IN APRIL, MAY OR JUNE. \$10.00 FOR RESIDENTS WITHOUT A BIRTHDAY IN THOSE MONTHS. QUARTERLY BIRTHDAY LUNCHES ARE FOR TOWN RESIDENTS ONLY. MENU INCLUDES: CHICKEN SALAD ON A CROISSANT, POTATO SALAD, BIRTHDAY CAKE.

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

4TH - CHICKEN PAELLA, CHICKPEA BLEND, DINNER ROLL, MIXED FRUIT  
25TH - CHEESEBURGER, ROASTED POTATOES, HOT GERMAN SLAW, PINEAPPLE

### WEDNESDAY

5TH - HOT DOG, MAC N' CHEESE, GREEN BEANS, MANDARIN ORANGES  
12TH - KALE SOUP, MEATLOAF, WHIPPED SWEET POTATO, MIXED VEGGIES, WHEAT BREAD, MIXED FRUIT  
26TH - SEAFOOD STEW, YELLOW RICE, GREEN BEANS, MULTIGRAIN ROLL, BIRTHDAY CAKE


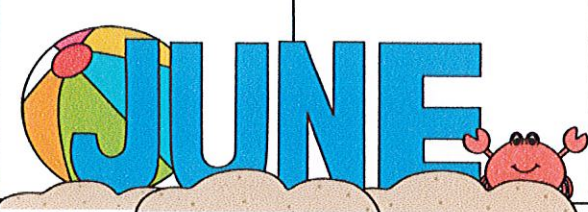
### THURSDAY

6TH - TOSSED SALAD W/DRESSING, STUFFED PEPPERS, CARROT COINS, OATMEAL ROLL, DESSERT  
13TH - BEEF TERRIYAKI, VEGGIE LO MEIN, ZUCCHINI & TOMATO, DINNER ROLL, DESSERT  
20TH- VEGGIE SOUP, CHICKEN BRUSCHETTA, RICE PILAF, VEGGIES, OATMEAL BREAD, BANANA  
27TH - ROAST PORK, RED BLISS POTATOES, MIXED VEGGIES, OATMEAL ROLL, PEACHES

### FRIDAY

7TH- POTATO POLLOCK, ROASTED POTATOES, PEAS & MUSHROOMS, WHOLE WHEAT BREAD, PINEAPPLE  
14TH - HONEY MUSTARD CHICKEN, MASHED POTATOES, GLAZED CARROTS, OATMEAL ROLL, PEACH  
21ST - LASAGNA, BROCCOLI, DINNER ROLL, PEARS  
28TH - CHICKEN STIR FRY, FRIED RICE, WHOLE WHEAT ROLL, MANDARIN ORANGES



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Sodium (mg): Na+ Stuffed Shells 390 Tomato Florentine 50 Broccoli 12 Oatmeal Roll 121 Sliced Apple 10  Total Sodium: 583 Calories: 392 Carbs: 63	<b>4</b> Sodium (mg): Na+ Chicken Paella 326 Chickpea Blend 52 Dinner Roll 90 Mixed Fruit 10  Total Sodium: 597 Calories: 688 Carbs: 122	<b>5</b> Sodium (mg): Na+ Hot Dog* 550 Mac N' Cheese 116 Mustard 55 Green Beans 3 Hot Dog Roll 210 Mandarin Oranges 6  Total Sodium: 930 Calories: 571 Carbs: 55	<b>6</b> Sodium (mg): Na+ Tossed Salad w/ Dressing 124 Lazy Man Stuffed 237 Peppers Carrot Coins 77 Oatmeal Roll 121 Fudge Round 171 Diet: Fig Newton  Total Sodium: 745 Calories: 706 Carbs: 88	<b>7</b> Sodium (mg): Na+ Potato Pollock 337 Tarter Sauce* 261 Roasted Potatoes 33 Peas & Mushroom 133 WW Bread 160 Pineapple 1  Total Sodium: 920 Calories: 717 Carbs: 89
<b>10</b> Western Cheese 393 Omelet Hash Browns 136 Peppers & Onions 3 Apple Breakfast Bites 190 Orange Juice 5  Total Sodium: 727 Calories: 585 Carbs: 68	<b>11</b> Baked Cod 220 w/ Lemon Dill Sauce 110 Rice Pilaf 134 Italian Blend 26 Multigrain Bread 190 Tropical Fruit 10  Total Sodium: 681 Calories: 417 Carbs: 64	<b>12</b> Kale Soup 166 Meatloaf w/ Gravy 350 Whipped Sweet Potato 33 Mixed Vegetables 41 Wheat Bread 115 Mixed Fruit 10  Total Sodium: 700 Calories: 505 Carbs: 86	<b>13</b> Beef Teriyaki 254 Veggie LoMein 28 Zucchini & Tomato 39 Dinner Roll 210 Banana Cake 209 Diet: Lorna Doons 190  Total Sodium: 886 Calories: 754 Carbs: 100	<b>14</b> Honey Mustard Chicken 212 Mashed Potato 49 Glazed Carrots 83 Oatmeal Roll 121 Fresh Peach  Total Sodium: 464 Calories: 474 Carbs: 81
<b>17</b> Sweet & Sour Meatballs 214 Bow Tie Noodles 1 Green Beans 3 Multigrain Roll 190 Applesauce 15  Total Sodium: 423 Calories: 504 Carbs: 72	<b>18</b> BBQ Pork Sandwich 307 German Potato Salad 85 Brussel Sprouts 85 Hamburger Roll 230 Red Velvet Cake 230 Diet: Low Sugar Cake  Total Sodium: 864 Calories: 604 Carbs: 70	<b>19</b> 	<b>20</b> Vegetable Soup 170 Chicken Bruschetta 394 Rice Pilaf 134 Tahitian Vegetables 38 Oatmeal Bread 121 Banana 1  Total Sodium: 825 Calories: 492 Carbs: 76	<b>21</b> Lasagna 359 w/ Tomato Basil Sauce 55 Broccoli 12 Dinner Roll 210 Pears 4  Total Sodium: 640 Calories: 353 Carbs: 58
<b>24</b> Mexicali Chicken 413 Spanish Rice 22 Green Beans & Tomato 68 WW Bread 160 Mixed Fruit 10  Total Sodium: 673 Calories: 379 Carbs: 56	<b>25</b> Cheeseburger* 581 Ketchup* 82 Roasted Potatoes 28 Hot German Slaw 81 Hamburger Roll 230 Pineapple 1  Total Sodium: 1003 Calories: 586 Carbs: 72	<b>26</b> Portuguese Seafood Stev 564 Yellow Rice 31 Green Beans 3 Multigrain Roll 190 Birthday Cake 209  Total Sodium: 998 Calories: 591 Carbs: 92	<b>27</b> Roast Pork 71 w/ Gravy 113 Red Bliss Potatoes 15 Mixed Vegetables 41 Oatmeal Roll 121 Peaches 5  Total Sodium: 365 Calories: 489 Carbs: 59	<b>28</b> Chicken Stir-Fry 246 Fried Rice 131 WW Roll 160 Mandarin Oranges 7  Total Sodium: 544 Calories: 378 Carbs: 55
		All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium		
		<div> <div> <b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b> </div> <div>           For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.         </div> </div>		
		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.		

\* 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