



City of Rochester Senior Meal Program Menu
Quad: SOUTHEAST NEIGHBORHOOD SERVICE CENTER

Overview: The City of Rochester has provided funding with local partners Goodwill of the Finger Lakes, 211/ LIFE LINE (211LL) Program & 25 local restaurants to help seniors 60 and older & live in the City of Rochester with barriers access culturally appropriate and nutritious meals from January 2021 – April 2021.

211LL is facilitating meal registration and coordination with restaurants for the meal prep and delivery. Seniors will be able to sign up for up to 3 meals a week over a period of one month's worth of meal deliveries (12 meals per month) by calling 2-1-1 or (585) 275-5151. Menus can be found on 211lifeline.org homepage.

If you encounter an issue with your meal, please reach out to the restaurant directly, if you are unable to reach the restaurant you can report your issue with 211LL.

Please Note that 211LL will be experiencing high call volumes due to the demand of this resource, to avoid waiting on hold you can follow the prompts on 211LL Phone system to opt into a call back option to receive a call back from 211LL (caller ID will read "1"). We appreciate your patience.

- DELIVERY TIMES -

Lunch Hours: 11:30 A.M. -1:30 P.M.

Dinner Hours: 4:00 P.M. -6:00 P.M.

Rochester Museum & Science Center by Associates in Catering Inc. (RMSC Café): Serving Monday, Tuesday, Wednesday, and Friday

Lunch Option #1: Grilled Chicken Salad, Fresh Cut Fruit, Cous Cous Salad

Lunch Option #2: Veggie & Hummus Wrap, Fresh Cut Fruit, Side Salad

Dinner Option #1: Chicken French w/ Roasted Potatoes, Mixed Veggies, Side Salad

Dinner Option #2: NY Strip Steak w/ Roasted Potatoes, Mixed Veggies, Side Salad

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Gregorios: Serving Monday, Tuesday, Thursday, and Friday

Lunch Option #1: 4 oz. Grilled Chicken Breast w/ Lettuce & Cheese, Steamed Mediterranean Veggies w/ light olive oil, Fruit Cup

Lunch Option #2: Medium Cold Sub (Ham, Turkey, or Tuna), Chocolate Chip Cookies, 16 oz. Juice (orange or apple)

Dinner Option #1: Rigatoni w/ 2 Meatballs, Small Garden Salad, Garlic Bread

Dinner Option #2: 4 oz. Grilled Chicken Parmesan w/ Red Sauce, Small Garden Salad, Garlic Bread

Addis Ababa- Serving Tuesday, Wednesday, Thursday, and Friday

Lunch Option #1: Chickpea Stew, 3 Beef Sambusa, Rice, Salad

Lunch Option #2: Fried Fish w/ Cabbage, Lentil Stew, Bread, Salad

Dinner Option #1: Chicken Strips w/ Onions and Veggies, Rice, Salad

Dinner Option #2: Beef Cubes w/ Collard Greens, Rice, Salad

Condado Bar & Grill - Serving Wednesday, Thursday, and Friday

Lunch Option #1: Quarter Bake Chicken w/ White Rice, Beans, Salad

Lunch Option #2: Sopa De Pollo (Chicken Soup) w/ Angle Hair Fideo, Green Peppers, Potatoes, Carrots, Cilantro, Side of Rice

Dinner Option #1: Mashed Potatoes w/ chicken Breast, Side Salad, Jell-O, and Water

Dinner Option #2: Oatmeal Porridge, Cassava Bread, Jell-O, and Water

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Locals Only - Serving Monday, Tuesday, Wednesday, and Friday

- Lunch Option #1:** Cheese Sandwich: Gruyere, Caramelized Onions, Sliced Apples, Whole Grain Mustard, and Kettle Chips
- Lunch Option #2:** Holy Bowly: Maple Chipotle Brown Rice, Eggs, Sweet Potatoes, Edamame, Bacon, Avocado, Sesame Nori, and Honey Sriracha