



City of Rochester Senior Meal Program Menu

Quad: SOUTHWEST 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.

Caribbean Heritage- Thursday, Friday and Saturday

Lunch Option #1: Curry Lentils (vegan) with Rice and Pea, Broccoli & Carrots

Dinner Option #1: Baked Codfish-with Zucchini & Butternut Medley, Broccoli & Carrots

Subject to Change Based on Meal Availability



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D & L Tropical- Serving Tuesday, Wednesday, Thursday, and Friday

Dinner Option #1: Jerk Chicken w/ rice and peas, festival, baked mac n cheese

Dinner Option #2 Curry Chicken with Rice & Peas & Cabbage

Lunch Option #1: Famous Chicken Soup with beef patty

Lunch Option #2 Mild Beef Pattie, Fried Fish and coco bread

Unkl Mo's- Serving Wednesday, Thursday and Friday

Lunch Option #1: Baked Chicken, string beans, potatoes salad, corn bread

Lunch Option #2: Baked Chicken, Cabbage & Rice

Dinner Option #1: Smothered Pork Chops, rice, lima beans, muffin

Dinner Option #2: Meatloaf, mashed potatoes & Cabbage

Nature Never Lie, Ilc- Serving Monday, Tuesday, Wednesday, and Saturday

Lunch Option #1: Choka w/ Naan Bread

Lunch Option #2 Stuffed Shells (Spinach & Ricotta) Garlic Bread, steamed cabbage, Basmati Rice, kidney Beans, plantain, avocado, corn on cob

Dinner Option #1: Rainbow Quinoa with Stewed Lentils

Dinner Option #2: Baked Mac & Cheese & Curry Stew

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Morgan's Cereal Bar – Serving Tuesday, Wednesday, Thursday, and Friday

Lunch Option #1: Pancake combo w/Fruit Bowl

Lunch Option # 2: Carolina Combo (grits, eggs, toast, bacon) w/Fruit Bowl

Hayaat Markets – Serving Monday, Tuesday, Friday, Saturday

Lunch Option #1: Chicken Sub, egg salad, and Bag of Chips

Lunch Option #2: Spaghetti w/Steak

Dinner Option #1: Rice w/Chicken Stew and Stir fried Vegetables

Dinner Option #2: Rice W/Curry Goat meat and vegetables

Mojoe's Grill – Serving Monday, Wednesday, Thursday, and Saturday

Lunch Option #1: Burger Plate (Burger, rice, corn, salad)

Lunch Option #2: Chicken Plate (1/4 leg, rice, corn, garden salad)

Dinner Option #1: Steak Plate (Steak, mash potato/gravy, corn, salad)

Dinner Option # 2: Fish Plate (Fish, mac salad, mashed potato/gravy, corn)

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