



City of Rochester Senior Meal Program Menu

2022

Quad: NORTHEAST

Overview: The City of Rochester has provided funding with local partners Goodwill of the Finger Lakes, 211/ LIFE LINE (211LL) Program & **27 local restaurants to help seniors 55 and older & live in the City of Rochester with barriers to access culturally appropriate and nutritious meals from April 2022 – March 2023.**

The following one of three qualifiers for the program must be met:

1. **Live in a qualified census tract.**
2. **Live in an income specific housing.**
3. **An active recipient of any of the following:**
 - o Medicaid
 - o Temporary Assistance for Needy Families (TANF)
 - o Supplemental Nutrition Assistance Program (SNAP)
 - o Medicare Part D Low-income Subsidies
 - o Supplemental Security Income (SSI)
 - o Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
 - o Section 8 Vouchers
 - o Low-Income Home Energy Assistance Program (LIHEAP)

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 with the number listed.

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 the 211LL Phone system and opt into a call back option to receive a call back from 211LL (caller ID will read "275-5151"). We appreciate your patience.

Subject to Change Based on Meal Availability



DELIVERY TIMES

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

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

Nin's Jamaican Enterprise – Serving Tuesday, Wednesday, Thursday

Contact: Phone: 585-363-5928

Lunch Option #1: Jerk chicken, rice and peas, steamed cabbage, fried plantains

Lunch Option #2: Fish, rice & peas, steamed cabbage, fried plantains

Munchies Empanadas – Serving Monday, Tuesday, Wednesday

Contact: Phone: 585-435-6848

Lunch Option #1: Beef & cheese empanada, pepper chicken, rice and gandules and tossed salad

Lunch Option #2: Buffalo chicken empanada, pulled pork, rice and gandules, tossed salad

El Sabor – Serving Wednesday, Friday, Saturday

Contact: Phone: 585-470-9809

Lunch Option #1: Stewed chicken, veggies, yellow rice and beans

Dinner Option #2: Baked pork, veggies, yellow rice and beans

Hancock's – Serving Sunday, Monday, Tuesday

Contact: Phone: 585-413-0830

Lunch Option #1: Baked pork chop with cabbage and rice

Dinner Option #2: Chicken with rice and vegetables

Que Chevere – Serving Wednesday, Thursday, Friday

Contact: 585-775-4581

Lunch Option #1: Roasted pork, yellow rice, beans and salad

Dinner Option #2: Roasted chicken, yellow rice, boiled cassava in garlic sauce and salad

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