

April 2018 Menu for Community Cafés, Meals on Wheels & 3D Catering Bangor Area Group

April 2, 2018
Monday
Spaghetti With Italian Turkey Sausage
Sliced Zucchini and Spinach
Wheat Bread
Dessert

April 3, 2018
Tuesday
Orange Glazed Chicken
Fried Rice
Peas and Cauliflower
Wheat Bread
Dessert

April 4, 2018
Wednesday
Pork With Apple Onion Sauce
Cranberry and Lentil Rice
Caribbean Blend Vegetables
Wheat Bread
Dessert

April 5, 2018
Thursday
Fish Newburg
Mashed Potatoes
Peas and Carrots
Wheat Bread
Dessert

April 6, 2018
Friday
Chicken Pot Pie
Broccoli Cuts
Wheat Bread
Dessert

April 9, 2018
Monday
Cheddar Omelet
Potatoes O'Brien
Turkey Sausage
Wheat Bread
Dessert

April 10, 2018
Tuesday
Cheese and Beef Macaroni
Mixed Vegetables
Wheat Bread
Dessert

April 11, 2018
Wednesday
Pineapple Teriyaki Chicken
Brown Rice
Peas
Carrots
Dessert

April 12, 2018
Thursday
Creamy Chicken
and Wild Rice Casserole
Carrots and Broccoli
Wheat Bread
Dessert

April 13, 2018
Friday
Pulled Pork
Mashed Sweet Potatoes
Corn
Wheat Bread
Dessert

April 16, 2018
Monday
Beef Goulash With Elbow Macaroni
Sliced Zucchini
Wheat Bread
Dessert

April 17, 2018
Tuesday
Pork Fried Rice
Shredded Pork Loin
Asian Vegetables
Wheat Bread
Dessert

April 18, 2018
Wednesday
Pasta Primavera
Green Beans
Wheat Bread
Dessert

April 19, 2018
Thursday
Sliced Turkey with Gravy
Mashed Potatoes
Peas and Carrots
Wheat Bread
Dessert

April 20, 2018
Friday
Chicken Picatta
Rice Pilaf
Green Beans and Cauliflower
Wheat Bread
Dessert

April 23, 2018
Monday
Chicken Florentine
Orange Flavored Rice
Carrots and Zucchini
Wheat Bread
Dessert

April 24, 2018
Tuesday
Baked Beans and Hot Dogs
Corn
Wheat Bread
Dessert

April 25, 2018
Wednesday
Turkey and Rice With Cheese Sauce
Corn and Black Beans
Wheat Bread
Dessert

April 26, 2018
Thursday
Salisbury Steak With Onion Gravy
Spinach Mashed Potatoes
Wheat Bread
Dessert

April 27, 2018
Friday
Shells and Cheese
Peas
California Vegetable Blend
Wheat Bread
Dessert

April 30, 2018
Monday
Chicken Pot Pie
Broccoli Cuts
Wheat Bread
Dessert

All meals are served with reduced fat milk. Some foods may contain MSG. Menu is subject to availability of item.

Cost is \$4.00 per meal for everyone under age 60.

Suggested donation of \$4.00 per meal for age 60 and older Community Café clients.

Seating at Community Cafés is by reservation only. Please see back for reservation number.

EAAA Community Cafes. Please call for a reservation by 9 am the day prior.

BANGOR –
All Souls Congo Church
10 Broadway
Mon, Wed & Fri — 404-5848
Noon

NASON PARK MANOR
140 Main St.
Tues & Thurs - 992-9481
11:30 AM

**FIRST UNITED
METHODIST CHURCH**
703 Essex St.
Tues—404-5846
Noon

BREWER -
Heritage Colonial Circle
Wed & Fri
404-5847
Noon

HAMPDEN
Kiwanis Civic Center
1245 Main St.
Thurs - 862-5668
11:30 AM

EAAA and the USDA offer the **FREE**
Commodity Supplemental Food Program
(CSFP), to help seniors stock their shelves
30 LBS OF FOOD MONTHLY FOR
LOW-INCOME SENIORS



If you're 60 or over and your monthly income is \$1,307 for one or \$1,760 for a couple.

MEDICARE 101 CLASSES
FREE educational classes about **Medicare**
and **choices you have.**
[Call 207-941-2865 to register](tel:207-941-2865)

April 9, 2018 EAAA, Essex St.
Bangor-9:30AM –11:30 AM
April 13,2018- Friends in Action
Ellsworth-8:30AM-10:30AM
April 17, 2018- EAAA, Essex St.
Bangor-5 PM-7:00PM
April 24, 2018–RSU 19 Nokomis High
Newport- 5:30PM-7 PM
April 25, 2018–Peaks House
Dover-Foxcroft-10AM-noon

It takes many **volunteers** to enable the programs of EAAA to exist. Without our volunteers, we could not provide the support that we do.—**Call 941-2865 to learn what volunteer opportunities exist.**



WELCOME HOME!

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Monthly rent includes:

Three delicious, chef-prepared daily meals;
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