

# November 2017 Menu for Community Cafés, Meals on Wheels & 3D Catering

## Café Menu

**November 1, 2017**

**Wednesday**

**BBQ Braised Pork**  
Mashed Sweet Potatoes  
Corn  
Wheat Bread  
Dessert

**November 2, 2017**

**Thursday**

**BBQ Braised Pork**  
Mashed Sweet Potatoes  
Corn  
Wheat Bread  
Dessert

**November 3, 2017**

**Friday**

**Sweet and Sour Meatballs**  
Sesame Vegetable Rice  
Green Beans  
Wheat Bread  
Dessert

**November 6, 2017**

**Monday**

**Meatloaf with  
Mushroom Sauce**  
Mashed Potatoes  
Corn  
Wheat Bread  
Dessert

**November 7, 2017**

**Tuesday**

**Meatloaf with  
Mushroom Sauce**  
Mashed Potatoes  
Corn  
Wheat Bread  
Dessert

**November 8, 2017**

**Wednesday**

**Shredded Pork Loin**  
Pork Fried Rice  
Asian Vegetables  
Wheat Bread  
Dessert

**November 9, 2017**

**Thursday**

**Shredded Pork Loin**  
Pork Fried Rice  
Asian Vegetables  
Wheat Bread  
Dessert

**November 10, 2017**

**Friday**

**Cafes  
Closed  
For  
Veterans Day**

**November 13, 2017**

**Monday**

**Chicken with Red Wine  
and Herb Sauce**  
Lynonnaise Potatoes  
Sliced Zucchini  
Wheat Bread  
Dessert

**November 14, 2017**

**Tuesday**

**Chicken with Red Wine  
and Herb Sauce**  
Lynonnaise Potatoes  
Sliced Zucchini  
Wheat Bread  
Dessert

**November 15, 2017**

**Wednesday**

**Beef and Cabbage Rolls**  
Diced Red Skin Potatoes  
Peas and Carrots  
Wheat Bread  
Dessert

**November 16, 2017**

**Thursday**

**Beef and Cabbage Rolls**  
Diced Red Skin Potatoes  
Peas and Carrots  
Wheat Bread  
Dessert

**November 17, 2017**

**Friday**

**Salisbury Steak  
with Onion Gravy**  
Spinach Mashed Potatoes  
Wheat Bread  
Dessert

**November 20, 2017**

**Monday**

**Pork With Apple Onion Sauce**  
Cranberry and Lentil Rice  
Caribbean Blend Vegetables  
Wheat Bread  
Dessert

**November 21, 2017**

**Tuesday**

**Sliced Turkey**  
Mashed Potatoes  
Stuffing  
Squash  
Peas  
Cranberry Sauce  
Wheat Bread  
Pumpkin Pie

**Happy Thanksgiving!**

**November 22, 2017**

**Wednesday**

**Sliced Ham and Pineapple**  
Mashed Sweet Potatoes  
Corn  
Wheat Bread  
Dessert

**November 23, 2017**

**Thursday**

**Café  
Closed  
For  
Thanksgiving**

**November 24, 2017**

**Friday**

**Café  
Closed  
For  
Thanksgiving  
Friday**

**November 27, 2017**

**Monday**

**Garden Vegetable  
Cheese Ravioli**  
Broccoli  
Wheat Bread  
Dessert

**November 28, 2017**

**Tuesday**

**Chicken Florentine**  
Orange Flavored Rice  
Carrots and Zucchini  
Wheat Bread  
Dessert

**November 29, 2017**

**Wednesday**

**Pineapple Teriyaki Chicken**  
Brown Rice  
Peas  
Carrots  
Dessert

**November 30, 2017**

**Thursday**

**Baked Stuffed Fish with  
Scallop Stuffing**  
White Rice  
Green Beans  
Dessert

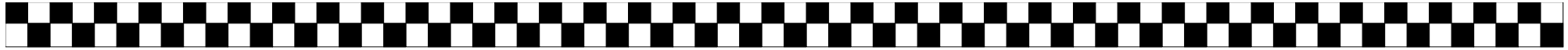
**All meals are served with reduced fat milk. Some foods may contain MSG. Menu is subject to availability of item.**

**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 Church**

Mon, Wed & Fri — 404-5848

Noon

**NASON PARK MANOR**

Tues & Thurs - 992-9481

11:30 AM

**FIRST UNITED**

**METHODIST CHURCH**

Essex St.

Tues—404-5846

Noon

**BREWER - Heritage  
Colonial Circle**

Wed & Fri

404-5847

Noon

**EAST ORRINGTON -  
Congregational Church**

Thurs - 825-3404

Noon

**HAMPDEN**

**Kiwanis Civic Center**

Thurs - 862-5668

11:30 AM

**EAAA's Community Services Department**

Community Services Specialists assist seniors with filling out forms in order to receive additional benefits and educate them on all the available services and programs in their areas.

Information and Assistance staff discusses which services would be most beneficial. A referral may be made to an EAAA Community Services Specialist.

State Health Insurance Assistance Program (SHIP) helps people understand their Medicare benefits and other health insurances.

Medicare Part D assistance and education is provided to seniors who need help deciding on and enrolling in a drug plan.

ADRC, Aging and Disability Resource Center provides services, community referrals and resources to seniors and adults who are living with a disability. We work closely with other agencies to ensure that the clients' needs are met.



**WELCOME HOME!**

*Winterberry Heights*  
Assisted Living & Memory Care

932 Ohio St., Bangor, ME 04401

**Winterberry Heights feels like home, with the additional services you need!**

**Monthly rent includes:**

Three delicious, chef-prepared daily meals; 24-hour caring health staff; safety call system in every suite; weekly housekeeping/linen service; scheduled local transportation; planned activities, and so much more!

**Call now for your complimentary meal & personal tour! 207-942-6002**