

February 2018 Menu for Community Cafés, Meals on Wheels & 3D Catering B Group

February 1, 2018
Thursday
Shells and Cheese
Peas
California Vegetable Blend
Wheat Bread
Dessert

February 2, 2018
Friday
Cchicken Florentine
Orange Flavored Rice
Carrots and Zucchini
Wheat Bread
Dessert

February 8, 2018
Thursday
Orange Glazed Chicken
Fried Rice
Peas ad Cauliflower
Wheat Bread
Dessert

February 9, 2018
Friday
Pork with Apple Onion Sauce
Cranberry and Lentil Rice
Caribbean Blend Vegetables
Wheat Bread
Dessert

February 7, 2018
Wednesday
Spaghetti with Italian Turkey Sausage
Sliced Zucchini and Spinach
Wheat Bread
Dessert

February 6, 2018
Tuesday
Chicken Pott Pie
Broccoli Cuts
Wheat Bread
Dessert

February 5, 2018
Monday
Fish Newburg
Mashed Potatoes
Peas and Carrots
Wheat Bread
Dessert

February 15, 2018
Thursday
Cheese and Beef Macaroni
Mixed Vegetables
Wheat Bread
Dessert

February 16, 2018
Friday
Pineapple Teriyaki Chicken
Brown Rice
Peas and Carrots
Wheat Bread
Dessert

February 14, 2018
Wednesday
Garden Vegetable Cheese Ravioli
Mixed Vegetables
Wheat Bread
Dessert

February 13, 2018
Tuesday
Pulled Pork
Mashed Sweet Potatoes
Corn
Wheat Bread
Dessert

February 12, 2018
Monday
Creamy Chicken and Wild Rice Casserole
Carrots and Broccoli
Wheat Bread
Dessert

February 23, 2018
Friday
Chicken and Scalloped Potatoes
Peppers, onions and Turkey Bacon
Wheat Bread
Dessert

February 22, 2018
Thursday
Pasta Primavera
Green Beans
Wheat Bread
Dessert

February 21, 2018
Wednesday
Shredded Pork Loin
Pork Fried Rice
Asian Vegetables
Wheat Bread
Dessert

February 20, 2018
Tuesday
Sliced Turkey with Gravy
Mashed Potatoes
Peas and Carrots
Wheat Bread
Dessert

February 19, 2018
Monday
Chicken Picatta
Rice Pilaf
Green Beans and Cauliflower
Wheat Bread
Dessert

February 28, 2018
Wednesday
Chicken with Red Wine and Herb Sauce
Lynnonaise Potatoes
Sliced Zucchini
Wheat Bread
Dessert

February 27, 2018
Tuesday
Turkey and Rice with Cheese Sauce
Corn and Black Beand
Wheat Bread
Dessert

February 26, 2018
Monday
Chicken Florentine
Orange Flavored Rice
Carrots and Zucchini
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 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.

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.

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.**



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