

# January 2018 Menu for Community Cafés, Meals on Wheels & 3D Catering

January 1, 2018

Monday

Café's Closed  
In Observance of  
New Year's Day

January 2, 2018

Tuesday

Cheddar Omelet  
Potatoes O'Brien  
Turkey Sausage  
Wheat Bread  
Dessert

January 3, 2018

Wednesday

Turkey and Rice with Cheese Sauce  
Corn and Black Beans  
Wheat Bread  
Dessert

January 4, 2018

Thursday

Salisbury Steak  
with Onion Gravy  
Spinach Mashed Potatoes  
Wheat Bread  
Dessert

January 5, 2018

Friday

Shells and Cheese  
Peas  
California Vegetable Blend  
Wheat Bread  
Dessert

January 8, 2018

Monday

Chicken Pot Pie  
Broccoli Cuts  
Wheat Bread  
Dessert

January 9, 2018

Tuesday

Spaghetti  
with Italian Turkey Sausage  
Sliced Zucchini and Spinach  
Wheat Bread  
Dessert

January 10, 2018

Wednesday

Orange Glazed Chicken  
Fried Rice  
Peas and Cauliflower  
Wheat Bread  
Dessert

January 11, 2018

Thursday

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

January 12, 2018

Friday

Meatballs with Stout  
and Mustard Thyme Sauce  
Vegetable Blend  
Wheat Bread  
Dessert

January 15, 2018

Monday

Pulled Pork  
Mashed Sweet Potatoes  
Corn  
Wheat Bread  
Dessert

January 16, 2018

Tuesday

Creamy Chicken  
and Wild Rice Casserole  
Carrots and Broccoli  
Wheat Bread  
Dessert

January 17, 2018

Wednesday

Cheese and Beef Macaroni  
Mixed Vegetables  
Wheat Bread  
Dessert

January 18, 2018

Thursday

Pineapple Teriyaki Chicken  
Brown Rice  
Peas  
Carrots  
Wheat Bread  
Dessert

January 19, 2018

Friday

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

January 22, 2018

Monday

Chicken Picatta  
Rice Pilaf  
Green Beans and Cauliflower  
Wheat Bread  
Dessert

January 23, 2018

Tuesday

Beef Goulash  
with Elbow Macaroni  
Sliced Zucchini  
Wheat Bread  
Dessert

January 24, 2018

Wednesday

Meatloaf with Mushroom Sauce  
Mashed Potatoes  
Corn and Peas  
Wheat Bread  
Dessert

January 25, 2018

Thursday

Pasta Primavera  
Green Beans  
Wheat Bread  
Dessert

January 26, 2018

Friday

Chicken and Scalloped Potatoes  
Peppers, Onions and Turkey Bacon  
Wheat Bread  
Dessert

January 29, 2018

Monday

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

January 30, 2018

Tuesday

Turkey and Rice with Cheese Sauce  
Corn and Black Beans  
Wheat Bread  
Dessert

January 31, 2018

Wednesday

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

Shells & Cheese  
Peas  
California Veggie Blend  
Wheat Bread  
Dessert

Chicken & Broccoli  
Orange & Banana Oat  
Carrots & 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.

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.



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Since 1973



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