

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

## Outside Bangor Area

**August 1, 2018**  
**Wednesday**  
**Caribbean Mango Pork**  
 Brown Rice and Black Beans  
 Caribbean Blend Vegetables  
 Wheat Bread  
 Dessert

**August 2, 2018**  
**Thursday**  
**Fish Newburg**  
 Mashed Potatoes  
 Peas and Carrots  
 Wheat Bread  
 Dessert

**August 3, 2018**  
**Friday**  
**Chicken Pot Pie**  
 Broccoli Cuts  
 Wheat Bread  
 Dessert

**August 6, 2018**  
**Monday**  
**Garden Vegetable Cheese Ravioli**  
 Mixed Vegetables  
 Wheat Bread  
 Dessert

**August 7, 2018**  
**Tuesday**  
**Cheese and Beef Macaroni**  
 Mixed Vegetables  
 Green Beans  
 Wheat Bread  
 Dessert

**August 8, 2018**  
**Wednesday**  
**Creamy Chicken**  
 Roasted Red Potatoes  
 Carrots and Broccoli  
 Wheat Bread  
 Dessert

**August 9, 2018**  
**Thursday**  
**Ham and Cheese Wrap**  
 Tropical Fruit  
 Three Bean Salad  
 Wheat Bread  
 Dessert

**August 10, 2018**  
**Friday**  
**Pulled Pork**  
 Mashed Sweet Potatoes  
 Corn  
 Wheat Bread  
 Dessert

**August 13, 2018**  
**Monday**  
**Meatloaf**  
 Mashed Potatoes  
 Corn and Peas  
 Wheat Bread  
 Dessert

**August 14, 2018**  
**Tuesday**  
**Sweet Thai Style Chicken**  
 White Rice  
 Vegetable Medley  
 Wheat Bread  
 Dessert

**August 15, 2018**  
**Wednesday**  
**Beef Goulash with Elbow Macaroni**  
 Sliced Zucchini  
 Wheat Bread  
 Dessert

**August 16, 2018**  
**Thursday**  
**Pork with Apple Onion Sauce**  
 Cranberry and Lentil Rice  
 Mixed Vegetables  
 Wheat Bread  
 Dessert

**August 17, 2018**  
**Friday**  
**Pasta Primavera**  
 Mixed Vegetables  
 Wheat Bread  
 Dessert

**August 20, 2018**  
**Monday**  
**Orange Glazed Chicken**  
 Fried Rice  
 Peas and Cauliflower  
 Wheat Bread  
 Dessert

**August 21, 2018**  
**Tuesday**  
**Baked Beans and Hot Dogs**  
 Corn  
 Wheat Bread  
 Dessert

**August 22, 2018**  
**Wednesday**  
**Turkey and Rice with Cheese Sauce**  
 Corn and Black Beans  
 Wheat Bread  
 Dessert

**August 23, 2018**  
**Thursday**  
**Salisbury Steak with Onion Gravy**  
 Spinach Mashed Potatoes  
 Green Beans and Corn  
 Wheat Bread  
 Dessert

**August 24, 2018**  
**Friday**  
**Shells and Cheese**  
 Peas  
 California Vegetable Blend  
 Wheat Bread  
 Dessert

**August 27, 2018**  
**Monday**  
**Meatballs with Stout and Mustard Thyme Sauce**  
 Vegetable Blend  
 Wheat Bread  
 Dessert

**August 28, 2018**  
**Tuesday**  
**Caribbean Mango Pork**  
 Brown Rice and Black Beans  
 Caribbean Blend Vegetables  
 Wheat Bread  
 Dessert

**August 29, 2018**  
**Wednesday**  
**Chicken Florentine**  
 Orange Flavored Rice  
 Carrots and Zucchini  
 Wheat Bread  
 Dessert

**August 30, 2018**  
**Thursday**  
**Stuffed Shells with Italian Turkey Sausage**  
 Sliced Zucchini and Spinach  
 Wheat Bread  
 Dessert

**August 31, 2018**  
**Friday**  
**Chicken Pot Pie**  
 Broccoli Cuts  
 Wheat Bread  
 Dessert

Suggested donation of \$4.00 for age 60 and older Community Café AND Meals on Wheels clients. Additional donations are greatly appreciated.  
 SEATING AT COMMUNITY CAFES IS BY RESERVATION ONLY. PLEASE SEE BACK FOR RESERVATION PHONE NUMBER

**CORINNA -**

Corundel Commons  
14 Hill St.  
Tues-noon-924-2040

**LINCOLN -**

Lake View Senior Living  
20 Main St.  
Tues & Thurs-noon-403-7300

**DOVER**

Morton Ave. School  
Mon -943-2488

**Closed at this time****DEXTER -**

Dexter Town Hall Comm. Ctr.  
10 Hall St.  
Tues & Thurs-noon-924-3458

**GREENVILLE -**

Dean Park Housing  
30 Murray St.  
Tues & Thurs-11:30 AM-695-3844

**MILO**

3 River's Kiwanais Bldg.  
Tues—11:30 AM—943-3138

**PATTEN—**

Pentecostal Church  
102 Main St.  
Last Mon. of month-noon-548-2641

**CALAIS -**

Palmer Lane Est.  
72 Palmer Lane  
Mon, Thurs11:30 AM-454-2215

**MACHIAS**

Bluebird Rest. Dine Around (hosts)  
78 Main Street  
3rd Mon of each month—11:00  
255-6665

**LUBEC**

Sunrise Apts.  
5 Emery Circle  
Tues & Thurs - noon-454-2215

**FRANKLIN**

Pinebrook Apts.  
10 Pinebrook Rd  
Tues-noon- 565-3382

**PENOBSCOT**

1st Methodist Church  
14 Southern Bay Rd (Rt175)  
Mon-11:30 AM-326-8920

**BROOKSVILLE**

Townhouse Coastal Rd  
Thurs—noon—326-8864

**MEDICARE 101 CLASSES**  
**FREE educational classes about Medicare**  
**and choices you have.**

[Call 207-941-2865 to register](tel:207-941-2865)

<b>August 13, 2018</b>	EAAA, Essex St. Bangor- 9:30 AM—11:30 AM
<b>August 15, 2018</b>	Peaks House Dover Foxcroft- 10:00 Am—noon
<b>August 17, 2018</b>	Friends in Action Ellsworth- 8:30 to 10:30 AM
<b>August 21, 2018</b>	EAAA, Essex St. Bangor 5 :00 PM to 7:00 PM



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.**

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



**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 s scheduled local transportation; planned activities, and so much more!