

July 2018 Menu for Community Cafés, Meals on Wheels and 3D Catering

J Group menu - Outside Bangor Area

July 2, 2018

Monday

Caribbean Mango Pork
Brown Rice and Black Beans
Caribbean Blend Vegetables
Wheat Bread
Dessert

July 3, 2018

Tuesday

Fish Newburg
Mashed Potatoes
Peas and Carrots
Wheat Bread
Dessert

July 4, 2018

Wednesday

Sliced Ham and Pineapple
Mashed Sweet Potatoes
Corn
Wheat Bread
Dessert

July 5, 2018

Thursday

Stuffed Shells
with Italian Turkey Sausage
Sliced Zucchini and Spinach
Wheat Bread
Dessert

July 6, 2018

Friday

Chicken Florentine
Orange Scented Rice
Carrots and Zucchini
Wheat Bread
Dessert

**Café Closed in Observance of
July 4th Holiday**

July 9, 2018

Monday

Pineapple Teriyaki Chicken
Brown Rice
Peas
Carrots
Wheat Bread
Dessert

July 10, 2018

Tuesday

Cheese and Beef Macaroni
Mixed Vegetables
Wheat Bread
Dessert

July 11, 2018

Wednesday

Pulled Pork
Mashed Sweet Potatoes
Corn
Wheat Bread
Dessert

July 12, 2018

Thursday

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

July 13, 2018

Friday

Creamy Chicken
Roasted Red Potatoes
Carrots and Broccoli
Wheat Bread
Dessert

July 16, 2018

Monday

Beef Goulash
with Elbow Macaroni
Sliced Zucchini
Wheat Bread
Dessert

July 17, 2018

Tuesday

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

July 18, 2018

Wednesday

Sweet Thai Style Chicken
Rice
Vegetable Medley
Wheat Bread
Dessert

July 19, 2018

Thursday

Sliced Turkey with Gravy
Mashed Potatoes
Peas and Carrots
Wheat Bread
Dessert

July 20, 2018

Friday

Pasta Primavera
Green Beans
Wheat Bread
Dessert

July 23, 2018

Monday

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

July 24, 2018

Tuesday

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

July 25, 2018

Wednesday

Salisbury Steak
with Onion Gravy
Spinach Mashed Potatoes
Wheat Bread
Dessert

July 26, 2018

Thursday

Shells and Cheese
Peas
California Vegetable Blend
Wheat Bread
Dessert

July 27, 2018

Friday

Orange Glazed Chicken
Fried Rice
Peas and Cauliflower
Wheat Bread
Dessert

July 30, 2018

Monday

Stuffed Shells
with Italian Turkey Sausage
Sliced Zucchini and Spinach
Wheat Bread
Dessert

July 31, 2018

Tuesday

Chicken Florentine
Orange Scented Rice
Carrots and Zucchini
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- 65-3382

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)

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| July 9, 2018 | EAAA, Essex St. Bangor | 9:30— 11:30 AM |
| July 13, 2018 | Friends in Action Ellsworth | 8:30— 10:30 AM |
| July 17, 2018 | EAAA, Essex St Bangor | 5:00— 7:00 PM |
| July 25, 2018 | Peaks House, Dover-Foxcroft | 10:00— 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.

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!