

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

July 2, 2018

Monday

Pineapple Teriyaki Chicken
Brown Rice
Peas and Carrots
Wheat Bread
Dessert

July 3, 2018

Tuesday

Cheese and Beef Macaroni
Mixed Vegetables
Wheat Bread
Dessert

July 4, 2018

Wednesday

**Closed
for
Holiday**

July 5, 2018

Thursday

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

July 6, 2018

Friday

Creamy Chicken
Roasted Red Potatoes
Carrots and Broccoli
Wheat Bread
Dessert

July 9, 2018

Monday

**Beef Goulash
with Elbow Macaroni**
Sliced Zucchini
Wheat Bread
Dessert

July 10, 2018

Tuesday

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

July 11, 2018

Wednesday

Sweet Thai Style Chicken
Rice
Vegetable Medley
Wheat Bread
Dessert

July 12, 2018

Thursday

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

July 13, 2018

Friday

Pasta Primavera
Green Beans
Wheat Bread
Dessert

July 16, 2018

Monday

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

July 17, 2018

Tuesday

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

July 18, 2018

Wednesday

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

July 19, 2018

Thursday

Shells and Cheese
Peas
California Veggie Blend
Wheat Bread
Dessert

July 20, 2018

Friday

Orange Glazed Chicken
Fried Rice
Peas and Cauliflower
Wheat Bread
Dessert

July 23, 2018

Monday

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

July 24, 2018

Tuesday

Chicken Florentine
Orange Scented Rice
Carrots and Zucchini
Wheat Bread
Dessert

July 25, 2018

Wednesday

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

July 26, 2018

Thursday

Chicken Pot Pie
Broccoli Cuts
Wheat Bread
Dessert

July 27, 2018

Friday

Fish Newburg
Mashed Potatoes
Peas and Carrots
Wheat Bread
Dessert

July 30, 2018

Monday

**Garden Vegetable
Cheese Ravioli**
Mixed Vegetables
Wheat Bread
Dessert

July 31, 2018

Tuesday

Cheese and Beef Macaroni
Mixed Vegetables
Wheat Bread
Dessert

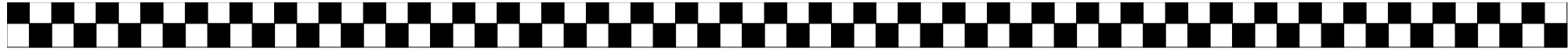
All meals are served with reduced fat milk. Some foods may contain MSG. Menu is subject to availability of item.

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 Congo Church
 10 Broadway
 Mon, Wed & Fri — 404-5848
 Noon

NASON PARK MANOR
 140 Hancock Street
 Tues & Thurs - 992-9481
 11:30 AM

BREWER -
Heritage Colonial Circle
 Wed & Fri
 404-5847
 Noon

HAMPDEN
Kiwanis Civic Center
 1245 Main St.
 Thurs - 862-5668
 11:30 AM

EAAA and the USDA offer the **FREE** Commodity Supplemental Food Program (CSFP), to help seniors stock their shelves
30 LBS OF FOOD MONTHLY FOR LOW-INCOME SENIORS



If you're 60 or over and your monthly income is \$1,307 for one or \$1,760 for a couple.

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.



MEDICARE 101 CLASSES
FREE educational classes about **Medicare** and choices you have.
Call 207-941-2865 to register

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



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