

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

Bangor Area Group menu

August 1, 2018

Wednesday

Creamy Chicken
Roasted Red Potatoes
Carrots and Broccoli
Wheat Bread
Dessert

August 2, 2018

Thursday

Ham and Cheese Wrap
Tropical Fruit
Three Bean Salad
Wheat Bread
Dessert

August 3, 2018

Friday

Pulled Pork
Mashed Sweet Potatoes
Corn
Wheat Bread
Dessert

August 6, 2018

Monday

Meatloaf
Mashed Potatoes
Corn and Peas
Wheat Bread
Dessert

August 7, 2018

Tuesday

Sweet Thai Style Chicken
White Rice
Vegetable Medley
Wheat Bread
Dessert

August 8, 2018

Wednesday

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

August 9, 2018

Thursday

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

August 10, 2018

Friday

Pasta Primavera
Mixed Vegetables
Wheat Bread
Dessert

August 13, 2018

Monday

Orange Glazed Chicken
Fried Rice
Peas and Cauliflower
Wheat Bread
Dessert

August 14, 2018

Tuesday

**Baked Beans
and Hot Dogs**
Corn
Wheat Bread
Dessert

August 15, 2018

Wednesday

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

August 16, 2018

Thursday

**Salisbury Steak
with Onion Gravy**
Spinach Mashed Potatoes
Green Beans and Corn
Wheat Bread
Dessert

August 17, 2018

Friday

Shells and Cheese
Peas
California Vegetable Blend
Wheat Bread
Dessert

August 20, 2018

Monday

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

August 21, 2018

Tuesday

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

August 22, 2018

Wednesday

Chicken Florentine
Orange Flavored Rice
Carrots and Zucchini
Wheat Bread
Dessert

August 23, 2018

Thursday

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

August 24, 2018

Friday

Chicken Pot Pie
Broccoli Cuts
Wheat Bread
Dessert

August 27, 2018

Monday

White Fish with Mornay Sauce
Cornbread Stuffing
White Rice
Green Beans
Wheat Bread
Dessert

August 28, 2018

Tuesday

Cheese and Beef Macaroni
Mixed Vegetables
Green Beans
Wheat Bread
Dessert

August 29, 2018

Wednesday

Pulled Pork
Mashed Sweet Potatoes
Corn
Wheat Bread
Dessert

August 30, 2018

Thursday

Pineapple Teriyaki Chicken
Brown Rice
Peas and Carrots
Wheat Bread
Dessert

August 31, 2018

Friday

Sweet and Sour Meatballs
Sesame Vegetable Rice
Green Beans
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

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



WELCOME HOME!

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 Assisted Living & Memory Care

952 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