

# June 2018 Menu for Community Cafés, Meals on Wheels & 3D Catering Bangor Group

**June 1, 2018**

**Friday**

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

**June 4, 2018**

**Monday**

**Creamy Chicken**  
Roasted Red Potatoes  
Carrots and Broccoli  
Wheat Bread  
Dessert

**June 5, 2018**

**Tuesday**

**Pulled Pork**  
Mashed Sweet Potatoes  
Corn  
Wheat Bread  
Dessert

**June 6, 2018**

**Wednesday**

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

**June 7, 2018**

**Thursday**

**Cheese and Beef Macaroni**  
Mixed Vegetables  
Wheat Bread  
Dessert

**June 8, 2018**

**Friday**

**Pineapple Teriyaki Chicken**  
Brown Rice  
Peas  
Carrots  
Dessert

**June 11, 2018**

**Monday**

**Sweet Thai Style Chicken**  
Rice  
Vegetable Medley  
Wheat Bread  
Dessert

**June 12, 2018**

**Tuesday**

**Pasta Primavera**  
Green Beans  
Wheat Bread  
Dessert

**June 13, 2018**

**Wednesday**

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

**June 14, 2018**

**Thursday**

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

**June 15, 2018**

**Friday**

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

**June 18, 2018**

**Monday**

**Orange Glazed Chicken  
Fried Rice**  
Peas and Cauliflower  
Wheat Bread  
Dessert

**June 19, 2018**

**Tuesday**

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

**June 20, 2018**

**Wednesday**

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

**June 21, 2018**

**Thursday**

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

**June 22, 2018**

**Friday**

**Shells and Cheese**  
Peas  
California Veggie Blend  
Wheat Bread  
Dessert

**June 25, 2018**

**Monday**

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

**June 26, 2018**

**Tuesday**

**Fish Newburg**  
Mashed Potatoes  
Peas and Carrots  
Wheat Bread  
Dessert

**June 27, 2018**

**Wednesday**

**Sliced Ham and Pineapple**  
Mashed Sweet Potatoes  
Corn  
Wheat Bread  
Dessert

**June 28, 2018**

**Thursday**

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

**June 29, 2018**

**Friday**

**Chicken Florentine**  
Orange Scented Rice  
Carrots and 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 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

June 8, 2018	Friends in Action, Ellsworth	8:30-10:30 AM
June 11, 2018	EAAA, Essex St, Bangor	9:30—11:30 AM
June 13, 2018	Calais Methodist Homes Calais	10:00 AM—Noon
June 15, 2018	Sullivan Town Office Sullivan	10:00—NOON
June 21, 2018	Mayo Hospital, Dover Foxcroft	6:00—7:00 PM



**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**