

EMMC Meals for October 2017 for EAAA CAFES

October 2, 2017 Monday Meatloaf Mashed Potatoes Corn Dinner Roll Apple Crisp	October 3, 2017 Tuesday Baked Ham with Raisin Sauce Baked Potato Sliced Beets Vanilla Pudding	October 4, 2017 Wednesday Apple Cranberry Chicken Harvest Vegetable Pilaf Green Beans Date Square Baked Custard	October 5, 2017 Thursday Baked Haddock Rice Pilaf Mixed Vegetables Raspberry Square	October 6, 2017 Friday Chicken Kiev Mashed Potatoes Broccoli Florets Ice Cream
October 9, 2017 Monday Café Closed in Observance of Columbus Day Holiday	October 10, 2017 Tuesday Chicken Cordon Bleu Lyonnaise Potatoes Peas Oatmeal Raisin Cookie	October 11, 2017 Wednesday Baked Haddock Baked Potato Green Beans Cookie of the Day	October 12, 2017 Thursday Stuffed Shells Tossed Salad Garlic Bread Boston Cream Pie	October 13, 2017 Friday Roast Pork with Gravy Mashed Potatoes Whole Kernel Corn Apple Crisp
October 16, 2017 Monday Stuffed Chicken Breast Baked Potato Mixed Vegetable Pudding of the Day	October 17, 2017 Tuesday Beef Stew Mashed Potatoes Corn Baked Custard	October 18, 2017 Wednesday Baked Ham with Mushroom Sauce Mashed Potatoes Broccoli Florets Whoopie Pie	October 19, 2017 Thursday Baked Stuffed Chicken Baked Potato Beets Ice Cream	October 20, 2017 Friday Baked Stuffed Haddock Mashed Potatoes Italian Green Beans Molasses Cookie
October 23, 2017 Monday Stuffed Shells Tossed Salad Garlic Bread Stick Cookie of the Day	October 24, 2017 Tuesday Vegetable Lasagna Scandanavian Blend Vegetables Garlic Bread Stick Bread Pudding	October 25, 2017 Wednesday Meatloaf with Gravy Mashed Potatoes Corn Dinner Roll Apple Pie	October 26, 2017 Thursday Chicken Stew Biscuit Corn Baked Custard	October 27, 2017 Friday BBQ Chicken Breast Mashed Potatoes Beets Baked Custard
October 30, 2017 Monday Lemon Herb Fish Mashed Potatoes Green Beans Whoopie Pie	October 31, 2017 Tuesday Chicken Drumsticks Mashed Potatoes Green Beans Molasses Cookie			

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 Church

Mon, Wed & Fri — 404-5848

Noon

NASON PARK MANOR

Tues & Thurs - 992-9481

11:30 AM

FIRST UNITED

METHODIST CHURCH

Essex St.

Tues—404-5846

Noon

BREWER - Heritage

Colonial Circle

Wed & Fri

404-5847

Noon

EAST ORRINGTON -

Congregational Church

Thurs - 825-3404

Noon

HAMPDEN

Kiwanis Civic Center

Thurs - 862-5668

11:30 AM

EAAA's Community Services Department

Community Services Specialists assist seniors with filling out forms in order to receive additional benefits and educate them on all the available services and programs in their areas.

Information and Assistance staff discusses which services would be most beneficial. A referral may be made to an EAAA Community Services Specialist.

State Health Insurance Assistance Program (SHIP) helps people understand their Medicare benefits and other health insurances.

Medicare Part D assistance and education is provided to seniors who need help deciding on and enrolling in a drug plan.

ADRC, Aging and Disability Resource Center provides services, community referrals and resources to seniors and adults who are living with a disability. We work closely with other agencies to ensure that the clients' needs are met.



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