

EMMC Meals for September 2017 for EAAA CAFES

September 1, 2017 Friday BBQ Chicken Breast Mashed Potatoes Beets Pudding of the Day
September 8, 2017 Friday Roast Pork with Gravy Baked Potato Com Bread Pudding
September 15, 2017 Friday Baked Haddock Tossed Salad Garlic Bread Chocolate Chip Cookie
September 22, 2017 Friday Roast Turkey Baked Potatoes Green Beans Sherbet
September 29, 2017 Friday Parmesan Crusted Haddock Lyonnaise Potatoes Peas Dinner Roll Vanilla Ice Cream

September 4, 2017 Monday CLOSED in Observance o Labor Day Holiday
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September 5, 2017 Tuesday Baked Ham with Raisin Sauce Macaroni and Cheese Green Beans Molasses Cookie

September 6, 2017 Wednesday Chicken Cordon Bleu Tossed Salad Dinner Roll Boston Crème Pie

September 7, 2017 Thursday Baked Ziti Tossed Salad Garlic Bread Stick Whoopie Pie

September 11, 2017 Monday Baked Stuffed Chicken Breast Baked Potato Broccoli Florets Cookie of the Day
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September 12, 2017 Tuesday Beef Pot Pie (Potato, Peas and Carrots are in the Pie) Bread Pudding

September 13, 2017 Wednesday Stuffed Shells Green Beans Garlic Bread Stick Ice Cream
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September 14, 2017 Thursday Turkey Pot Pie (Potato, Peas and Carrots are in the Pie) Apple Pie
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September 18, 2017 Monday Chop Suey Peas Garlic Bread Stick Congo Bars
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September 19, 2017 Tuesday Meatloaf with Gravy Mashed Potatoes Peas Cookie of the Day

September 20, 2017 Wednesday Chicken Drumsticks Roasted Potatoes Sliced Carrots Oatmeal Raisin Cookie

September 21, 2017 Thursday Shepherds Pie (Potato and Corn in the Pie) Whoopie Pie
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September 25, 2017 Monday Roast Pork with Gravy Mashed Potatoes Broccoli Florets Apple Pie
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September 26, 2017 Tuesday Lemon Herb Fish Mashed Potatoes Whole Kernel Com Cookie of the Day

September 27, 2017 Wednesday Spaghetti Pie Tossed Salad Garlic Stick Chocolate Chip Cookie
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September 28, 2017 Thursday Beef Pot Pie (Potato, Peas & Carrots are in the Pie) Blueberry Bread Pudding
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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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