

# October 2017 Menu for Community Cafés, Meals on Wheels & 3D Catering

## JMF

**October 2, 2017**

**Monday**

**Pulled Pork**

Mashed Sweet Potatoes  
Corn  
Wheat Bread  
Dessert

**October 3, 2017**

**Tuesday**

**Creamy Chicken and  
Wild Rice Casserole**

Carrots and Broccoli  
Wheat Bread  
Dessert

**October 4, 2017**

**Wednesday**

**Cheese and Beef Macaroni**

Mixed Vegetables  
Wheat Bread  
Dessert

**October 5, 2017**

**Thursday**

**Pineapple Teriyaki Chicken**

Brown Rice  
Peas  
Carrots  
Dessert

**October 6, 2017**

**Friday**

**Sweet and Sour Meatballs**

Sesame Vegetable Rice  
Green Beans  
Wheat Bread  
Dessert

**October 9, 2017**

**Monday**

**Chicken Picatta**

Rice Pilaf  
Green Beans and Cauliflower  
Wheat Bread  
Dessert

**October 10, 2017**

**Tuesday**

**Beef Goulash  
with Elbow Macaroni**

Sliced Zucchini  
Wheat Bread  
Dessert

**October 11, 2017**

**Wednesday**

**Shredded Pork Loin**

Pork Fried Rice  
Asian Vegetables  
Wheat Bread  
Dessert

**October 12, 2017**

**Thursday**

**Pasta Primavera**

Green Beans  
Wheat Bread  
Dessert

**October 13, 2017**

**Friday**

**Chicken and Scalloped Potatoes**

Peppers Onions and Turkey Bacon  
Wheat Bread  
Dessert

**October 16, 2017**

**Monday**

**Chicken with Red Wine  
and Herb Sauce**

Lynonnaise Potatoes  
Sliced Zucchini  
Wheat Bread  
Dessert

**October 17, 2017**

**Tuesday**

**Turkey and Rice with Cheese Sauce**

Corn and Black Beans  
Wheat Bread  
Dessert

**October 18, 2017**

**Wednesday**

**Beef and Cabbage Rolls**

Diced Red Skin Potatoes  
Peas and Carrots  
Wheat Bread  
Dessert

**October 19, 2017**

**Thursday**

**Shells and Cheese**

Peas  
California Veggie Blend  
Wheat Bread  
Dessert

**October 20, 2017**

**Friday**

**Chicken Florentine**

Orange Flavored Rice  
Carrots and Zucchini  
Wheat Bread  
Dessert

**October 23, 2017**

**Monday**

**Fish Newburg**

Mashed Potatoes  
Peas and Carrots  
Wheat Bread  
Dessert

**October 24, 2017**

**Tuesday**

**Chicken Pot Pie**

Broccoli Cuts  
Wheat Bread  
Dessert

**October 25, 2017**

**Wednesday**

**Spaghetti  
with Italian Turkey Sausage**

Sliced Zucchini and Spinach  
Wheat Bread  
Dessert

**October 26, 2017**

**Thursday**

**Orange Glazed Chicken**

Fried Rice  
Peas and Cauliflower  
Wheat Bread  
Dessert

**October 27, 2017**

**Friday**

**Pork With Apple Onion Sauce**

Cranberry and Lentil Rice  
Caribbean Blend Vegetables  
Wheat Bread  
Dessert

**October 30, 2017**

**Monday**

**Creamy Chicken and  
Wild Rice Casserole**

Carrots and Broccoli  
Wheat Bread  
Dessert

**October 31, 2017**

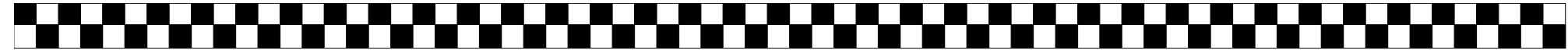
**Tuesday**

**Pulled Pork**

Mashed Sweet Potatoes  
Corn  
Wheat Bread  
Dessert

Suggested donation of \$4.00 for age 60 and older Community Café AND Meals on Wheels clients. Additional donations are greatly appreciated.  
SEATING AT COMMUNITY CAFES IS BY RESERVATION ONLY. PLEASE SEE BACK FOR RESERVATION PHONE NUMBER

**EAAA Community Cafes. Please call for a reservation by 9 am the day prior.**



**BUCKSPORT** - Bucks Mills  
Rod & Gun — Thursdays  
469-2388  
CLOSED NOV-MAR

**DOVER** - Morton Ave.  
School  
Mon - 943-2488

**JONESPORT** - Gaelic  
Square Apartments  
Tues & Thurs - 497-5689

**MILO** - 52 Sargent Hill  
Drive, Milo  
1st Wed of each month  
943-2488

**CALAIS** - Palmer Lane Est.  
Mon, Wed - 454-2215

**FRANKLIN** - Pinebrook  
Apts.  
Tues - 565-3382

**LAMOINE** - Baptist  
Church  
1st and 3rd Wed  
669-6395

**NEWBURGH** -  
Newburgh Town Hall  
3rd. Wednesday 6 PM  
356-1528

**CORINNA** - Corundel  
Commons  
Tues - 924-2040

**GREENVILLE** - Dean Park  
Housing  
Tues & Thurs - 695-3844

**LINCOLN** - Lake View  
Senor Apartments  
Mon, Wed & Fri  
403-7300

**PATTEN** - Patten  
Pentecostal  
Last Monday of each  
month - 548-2641

**DEXTER** - Dexter Town Hall  
Community Center  
Tues & Thurs - 924-3458

**LUBEC** - Sunrise Apts.  
Tues & Thurs - 454-2215

**PENOBSCOT** -  
Methodist Church  
Mon - 326-8920

**MACHIAS** - Centre Street  
Congregational Church  
Tuesday - 255-6665



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Service s scheduled local transportation;  
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