

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

## JMF

September 1, 2017

Friday

Chicken Pot Pie  
Broccoli Cuts  
Wheat Bread  
Dessert

September 4, 2017

Monday

Sweet and Sour Meatballs  
Sesami Vegetable Rice  
Green Beans  
Wheat Bread  
Dessert

September 5, 2017

Tuesday

Cheese and Beef Macaroni  
Mixed Vegetables  
Wheat Bread  
Dessert

September 6, 2017

Wednesday

Pineapple Teriyaki Chicken  
Brown Rice  
Peas  
Carrots  
Dessert

September 7, 2017

Thursday

Creamy Chicken  
and Wild Rice Casserole  
Carrots and Broccoli  
Wheat Bread  
Dessert

September 8, 2017

Friday

Pulled Pork  
Mashed Sweet Potatoes  
Corn  
Wheat Bread  
Dessert

September 11, 2017

Monday

Beef Goulash  
with Elbow Macaroni  
Sliced Zucchini  
Wheat Bread  
Dessert

September 12, 2017

Tuesday

Pork Fried Rice  
Shredded Pork Loin  
Asian Vegetables  
Wheat Bread  
Dessert

September 13, 2017

Wednesday

Pasta Primavera  
Green Beans  
Wheat Bread  
Dessert

September 14, 2017

Thursday

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

September 15, 2017

Friday

Chicken Picatta  
Rice Pilaf  
Green Beans and Cauliflower  
Wheat Bread  
Dessert

September 18, 2017

Monday

Chicken Florentine  
Orange Flavored Rice  
Carrots and Zucchini  
Wheat Bread  
Dessert

September 19, 2017

Tuesday

Baked Beans and Hot Dogs  
Corn  
Wheat Bread  
Dessert

September 20, 2017

Wednesday

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

September 21, 2017

Thursday

Salisbury Steak  
with Onion Gravy  
Spinach Mashed Potatoes  
Wheat Bread  
Dessert

September 22, 2017

Friday

Shells and Cheese  
Peas  
California Vegetable Blend  
Wheat Bread  
Dessert

September 25, 2017

Monday

Chicken Pot Pie  
Broccoli Cuts  
Wheat Bread  
Dessert

September 26, 2017

Tuesday

Spaghetti  
with Italian Turkey Sausage  
Sliced Zucchini and Spinach  
Wheat Bread  
Dessert

September 27, 2017

Wednesday

Orange Glazed Chicken  
Fried Rice  
Peas and Cauliflower  
Wheat Bread  
Dessert

September 28, 2017

Thursday

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

September 29, 2017

Friday

Meatballs with Stout  
and Mustard Thyme Sauce  
Vegetable Blend  
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.**

**BROOKSVILLE**

Townhouse  
Thurs - 326-8864

**DEER ISLE** - Deer Run  
Apts  
Mon thru Fri - 348-6879

**SEDGWICK** - Benjamin's  
Pantry  
Wednesday - 359-2716

**STONINGTON** - Island  
Community Center  
Wed - 367-2735



**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.



**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**