

May 2018 Menu for Community Cafés, Meals on Wheels & 3D Catering Bangor Area Cafes

May 1, 2018
Tuesday
Spaghetti
with Italian Turkey Sausage
Sliced Zucchini and Spinach
Wheat Bread
Dessert

May 2, 2018
Wednesday
Orange Glazed Chicken
Fried Rice
Peas and Cauliflower
Wheat Bread
Dessert

May 3, 2018
Thursday
Pork With Apple Onion Sauce
Cranberry and Lentil Rice
Caribbean Blend Vegetables
Wheat Bread
Dessert

May 4, 2018
Friday
Meatballs with Stout
and **Mustard Thyme Sauce**
Vegetable Blend
Wheat Bread
Dessert

May 7, 2018
Monday
Pulled Pork
Mashed Sweet Potatoes
Corn
Wheat Bread
Dessert

May 8, 2018
Tuesday
Creamy Chicken
and **Wild Rice Casserole**
Carrots and Broccoli
Wheat Bread
Dessert

May 9, 2018
Wednesday
Cheese and Beef Macaroni
Mixed Vegetables
Wheat Bread
Dessert

May 10, 2018
Thursday
Pineapple Teriyaki Chicken
Brown Rice
Peas
Carrots
Dessert

May 11, 2018
Friday
Sweet and Sour Meatballs
Sesame Vegetable Rice
Green Beans
Wheat Bread
Dessert

May 14, 2018
Monday
Chicken Picatta
Rice Pilaf
Green Beans and Cauliflower
Wheat Bread
Dessert

May 15, 2018
Tuesday
Beef Goulash
with **Elbow Macaroni**
Sliced Zucchini
Wheat Bread
Dessert

May 16, 2018
Wednesday
Shredded Pork Loin
Pork Fried Rice
Asian Vegetables
Wheat Bread
Dessert

May 17, 2018
Thursday
Pasta Primavera
Green Beans
Wheat Bread
Dessert

May 18, 2018
Friday
Chicken and Scalloped Potatoes
Peppers, Onions and Turkey Bacon
Wheat Bread
Dessert

May 21, 2018
Monday
Shells and Cheese
Peas
California Vegetable Blend
Wheat Bread
Dessert

May 22, 2018
Tuesday
Turkey and Rice with Cheese Sauce
Corn and Black Beans
Wheat Bread
Dessert

May 23, 2018
Wednesday
Beef and Cabbage Rolls
Diced Red Skin Potatoes
Peas and Carrots
Wheat Bread
Dessert

May 24, 2018
Thursday
Chicken with Red Wine
and **Herb Sauce**
Lyonnais Potatoes
Sliced Zucchini
Wheat Bread
Dessert

May 25, 2018
Friday
Chicken Florentine
Orange Flavored Rice
Carrots and Zucchini
Wheat Bread
Dessert

May 28, 2018
Monday
Fish Newburg
Mashed Potatoes
Peas and Carrots
Wheat Bread
Dessert

May 29, 2018
Tuesday
Chicken Pot Pie
Broccoli Cuts
Wheat Bread
Dessert

May 30, 2018
Wednesday
Spaghetti
with **Italian Turkey Sausage**
Sliced Zucchini and Spinach
Wheat Bread
Dessert

May 31, 2018
Thursday
Orange Glazed Chicken
Fried Rice
Peas and Cauliflower
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 Main St.
 Tues & Thurs - 992-9481
 11:30 AM

**FIRST UNITED
 METHODIST CHURCH**
 703 Essex St.
 Tues—404-5846
 Noon

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.

MEDICARE 101 CLASSES
FREE educational classes about **Medicare** and **choices you have.**
Call 207-941-2865 to register

May 11, 2018	Friends in Action, Ellsworth	8:30-10:30 AM
May 14, 2018	EAAA, Essex St, Bangor	9:30—11:30 AM
May 15, 2018	EAAA, Essex St Bangor	5:00—7:00 PM
May 16, 2018	Peaks House Dover-Foxcroft	10:00—NOON



Save the DATE!

Eastern Area Agency on Aging's
12th Annual Senior Expo

- Thursday, May 17, 2018
- Husson University Gym
- Breakouts at Gracie Theatre



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.



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