

# April 2018 Menu for EAAA Community Café, Meals on Wheels & April Catering Millinocket

<b>April 2, 2018</b> <b>Monday</b>	<b>April 3, 2018</b> <b>Tuesday</b>	<b>April 4, 2018</b> <b>Wednesday</b>	<b>April 5, 2018</b> <b>Thursday</b>	<b>April 6, 2018</b> <b>Friday</b>
Roasted Pork Loin Sweet Potato Vegetable Medley Roll Fruit Gingerbread	Stuffed Peppers Green Salad Roll Fruit Parfait	Orange Chicken Rice Broccoli Fruit Cookie	Spaghetti with Meat Sauce Green Salad Garlic Bread Fruit Brownie	Salmon Loaf with Egg Sauce Potato Roll Fruit Bread Pudding
<b>April 9, 2018</b> <b>Monday</b>	<b>April 10, 2018</b> <b>Tuesday</b>	<b>April 11, 2018</b> <b>Wednesday</b>	<b>April 12, 2018</b> <b>Thursday</b>	<b>April 13, 2018</b> <b>Friday</b>
Pork Chow Mein Noodles Mixed Vegetables Roll Fruit Square	Cheeseburger Potato Salad Fruit Chocolate Chip Cookie	Ravioli Green Salad Garlic Bread Apple Pie	Chicken Rice and Broccoli Casserole Roll Fruit Blueberry Cake	Haddock Burger Green Salad Fruit Cream Puff
<b>April 16, 2018</b> <b>Monday</b>	<b>April 17, 2018</b> <b>Tuesday</b>	<b>April 18, 2018</b> <b>Wednesday</b>	<b>April 19, 2018</b> <b>Thursday</b>	<b>April 20, 2018</b> <b>Friday</b>
Chop Suey Green Salad Roll Fruit Peanut Butter Cookie	Boiled Dinner Potato Turnic, Cabbage and Carrots Roll Apple Pie	Salisbury Steak Mashed Potatoes Asparagus Roll Fruit Cookie	Stuffed Pork Chop Rice Green Beans Roll Fruit Banana Bar	Baked Macaroni and Cheese Broccoli Roll Fruit Lemon Pie
<b>April 23, 2018</b> <b>Monday</b>	<b>April 24, 2018</b> <b>Tuesday</b>	<b>April 25, 2018</b> <b>Wednesday</b>	<b>April 26, 2018</b> <b>Thursday</b>	<b>April 27, 2018</b> <b>Friday</b>
Chicken Parmesan Pasta Italian Vegetables Roll Fruit Cake	Deluxe Pizza Side Salad Fruit Ice Cream	Meatloaf Sweet Potato Asparagus Roll Fruit Custard	Chicken Alfredo Noodles Carrots Roll Fruit Brownie	Lemon Haddock Mashed Potatoes with Egg Sauce Peas Roll Fruit Cake
<b>April 30, 2018</b> <b>Monday</b>				
Road Beef with Gravy Potatoes Roll Apple Pie				

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. Cost for March Catering customers is \$4.00 for each meal.  
 Suggested donation of \$4.00 for age 60 and older for 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.**



**MILLINOCKET** - Stearns Senior Center  
Monday thru Friday - 723-2045

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**

- April 9, 2018 EAAA, Essex St.  
Bangor-9:30AM –11:30 AM
- April 13,2018- Friends in Action  
Ellsworth-8:30AM-10:30AM
- April 17, 2018- EAAA, Essex St.  
Bangor-5 PM-7:00PM
- April 24, 2018–RSU 19 Nokomis High  
Newport- 5:30PM-7 PM
- April 25, 2018–Peaks House  
Dover-Foxcroft-10AM-noon

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**