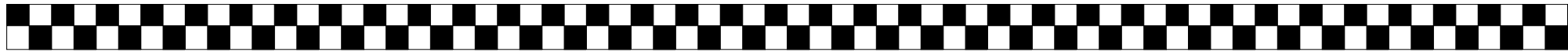


August 2018 Menu for EAAA Community Café, Meals on Wheels & August Catering Millinocket

		August 1, 2018 Wednesday Turkey and Gravy Mashed Potatoes Squash Roll Fruit Pumpkin Pie	August 2, 2018 Thursday Spaghetti and Meat Sauce Cole Slaw Garlic Bread Fruit Peanut Butter Square	August 3, 2018 Friday Haddock Burger French Fries Cole Slaw Fruit Pudding
August 6, 2018 Monday Cabbage Rolls Mixed Vegetables Roll Fruit Custard	August 7, 2018 Tuesday Scrambled Eggs Sausage Home Fries with Onions Fruit Pumpkin Spiced Muffins	August 8, 2018 Wednesday Baked Chicken Potatoes Gravy Green Beans Roll Fruit Whoopie Pie	August 9, 2018 Thursday Yankee Pot Roast Potato Carrots Roll Apple Crisp	August 10, 2018 Friday Sloppy Joes French Fries Cole Slaw Fruit Cookie
August 13, 2018 Monday Meatloaf Baked Potato Brussel Sprouts Roll Fruit Cake	August 14, 2018 Tuesday Taco Bake Mixed Vegetables Roll Fruit Banana Cream Pie	August 15, 2018 Wednesday Baked Macaroni and Cheese Broccoli Roll Fruit Peanut Butter Cookie	August 16, 2018 Thursday Baked Haddock Potato Carrots Bread Fruit Chocolate Chip Square	August 17, 2018 Friday Hot Turkey and Gravy on a Bun Green Salad Fruit Cookie
August 20, 2018 Monday Baked Stuffed Peppers Broccoli Slaw Roll Fruit Birthday Cake	August 21, 2018 Tuesday Pizza Deluxe Broccoli Slaw Fruit Ice Cream	August 22, 2018 Wednesday Chop Suey Green Salad Garlic Bread Fruit Cookie	August 23, 2018 Thursday Italian Sandwich Cole Slaw Fruit Graham Cracker Cream Cake	August 24, 2018 Friday Pepper Steak Potato Gravy Mixed Vegetables Roll Fruit Dream Pie
August 27, 2018 Monday Turkey Pot Pie Broccoli Roll Fruit Cake	August 28, 2018 Tuesday Boiled Dinner Potatoes Cabbage Turnip Carrots Roll Fruit Peanut Butter Square	August 29, 2018 Wednesday Baked Beans and Hotdogs Potato Salad Fruit Salad	August 30, 2018 Thursday Smothered Beef Mashed Potatoes Mixed Vegetables Fruit Coffee Cake	August 30, 2018 Friday Lasagna Broccoli Slaw Garlic Bread Fruit Cookie

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

MEDICARE 101 CLASSES
FREE educational classes about
Medicare and **choices you have.**

EAAA and the USDA offer the **FREE Commodity Supplemental Food Program (CSFP)**, to help seniors stock their shelves

If you're 60 or over and your monthly income is \$1,307 for one or \$1,760 for a couple.



30 LBS OF FOOD MONTHLY FOR LOW-INCOME SENIORS

August 13, 2018	EAAA, Essex St. Bangor- 9:30 AM—11:30 AM
August 15, 2018	Peaks House Dover Foxcroft- 10:00 Am—noon
August 17, 2018	Friends in Action Ellsworth- 8:30 to 10:30 AM
August 21, 2018	EAAA, Essex St. Bangor 5 :00 PM to 7:00 PM

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