

February 2018 Menu for EAAA Community Café, Meals on Wheels & 3D Catering Millinocket

February 1, 2018

Thursday

Beef Stroganoff
Noodles
Broccoli
Roll
Fruit
Cheese Cake

February 2, 2018

Friday

Clam Chowder
Cucumber Salad
Roll
Fruit
Pudding

February 5, 2018

Monday

Turkey Dinner
Potato
Stuffing
Squash
Cranberry Sauce
Roll
Pumpkin Pie

February 6, 2018

Tuesday

Beef Stew
Dumplings
Roll
Fruit
Cookie

February 7, 2018

Wednesday

Roast Pork
Potato with Gravy
Turnip
Roll
Fruit
Coffee Bar

February 8, 2018

Thursday

Spaghetti and Meat Sauce
Tossed Salad
Roll
Fruit
Birthday Cake

February 9, 2018

Friday

Fish Chowder
Crackers
Biscuit
Fruit
Cookie

February 12, 2018

Monday

Meatloaf
Potato
Brussel Spouts
Roll
Fruit
Lemon Pound Cake

February 13, 2018

Tuesday

Haddock Bake
Potato
Carrots
Roll
Apple Crisp

February 14, 2018

Wednesday

Pepper Steaks
Potato
Peas
Roll
Fruit
Dream Pie

February 15, 2018

Thursday

Salmon Loaf
Egg Sauce
Potato
Corn
Roll
Fruit
Cream Puff

February 16, 2018

Friday

Corn Chowder
Crackers
Roll
Fruit
Cookie

February 19, 2018

Monday

**Café Closed
In Observance
of
President's Day**

February 20, 2018

Tuesday

Taco Bake
Mixed Vegetables
Roll
Fruit
Date Square

February 21, 2018

Wednesday

Baked Macaroni and Cheese
Broccoli
Roll
Fruit
Peanut Butter Cookie

February 22, 2018

Thursday

Cabbage Rolls
Mixed Vegetables
Roll
Fruit
Custard

February 23, 2018

Friday

Fish Chowder
Biscuit
Fruit
Cookie

February 26, 2018

Monday

Yankee Pot Roast
Potatoes with Gravy
Beets
Roll
Fruit
Cake

February 27, 2018

Tuesday

Turkey Stew
Dumplings
Roll
Fruit
Pumpkin Chip Whoopie Pie

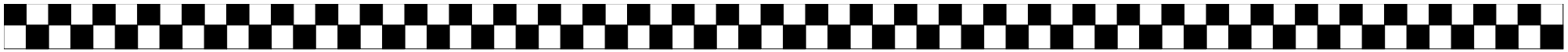
February 28, 2018

Wednesday

Chicken Bake
Potato
Mixed Vegetables
Roll
Fruit
Cookie

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 3D 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'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