

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

July 2, 2018
Monday
Baked Macaroni and Cheese
Broccoli
Roll
Fruit
Lemon Square

July 3, 2018
Tuesday
Holiday BBQ
Hamburgers and Hotdogs
Macaroni Salad
Potato Salad
Fruit
Strawberry Short Cake

July 4, 2018
Wednesday
Café' Closed in Observance
of July 4th Holiday

MOW and Catered Meals
Chef's Choice

July 5, 2018
Thursday
Sweet and Sour Chicken
Rice
Broccoli
Roll
Fruit
Brownie

July 6, 2018
Friday
Haddock Burgers
Potato Salad
Fruit
Banana Split Cake

July 9, 2018
Monday
Spaghetti with Meat Balls
Summer Slaw
Roll
Fruit
Cheesecake

July 10, 2018
Tuesday
BBQ Pork loin
Cold Spaghetti Salad
Cole Slaw
Roll
Fruit
Cookie

July 11, 2018
Wednesday
Haddock Patties
White Sauce with Egg
Potatoes
Green Beans
Roll
Fruit
Blueberry Crisp

July 12, 2018
Thursday
Salisbury Steak
with Mushroom Gravy
Rice
Mixed Vegetables, Roll
Fruit
Sherbet

July 13, 2018
Friday
Chicken Nuggets
Potato Salad
Peas
Roll
Fruit
Cake

July 16, 2018
Monday
Meatloaf
Baked Potato
Brussel Sprouts
Roll
Fruit
Custard

July 17, 2018
Tuesday
Italian Sandwich
Broccoli Slaw
Fruit
Cookie

July 18, 2018
Wednesday
BBQ Hotdogs
Home Baked Beans
Potato Salad
Fruit
Cake

July 19, 2018
Thursday
Lemon Haddock
Rice with Mushroom Gravy
Peas
Roll
Fruit
Ice Cream

July 20, 2018
Friday
Baked Turkey
Potato and Gravy
Roll
Fruit
Pumpkin Pie

July 23, 2018
Monday
Spanish Rice
Mixed Vegetables
Roll
Fruit
Cookie

July 24, 2018
Tuesday
Hotdogs on a Bun
Pasta Salad
Fruit
Cake

July 25, 2018
Wednesday
Baked Haddock
Potato
Mixed Vegetables
Roll
Fruit
Cookie

July 26, 2018
Thursday
Baked Ziti
Pickled Beets
Garlic Bread
Fruit
Brownie

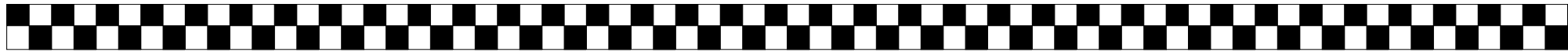
July 27, 2018
Friday
Baked Ham
with Pineapple
Potato
Carrots
Roll
Fruit
Coffee Cake

July 30, 2018
Monday
Smothered Beef
Mashed Potatoes
Mixed Vegetables
Roll
Fruit
Birthday Cake

July 31, 2018
Tuesday
Cheese Burger
Cold Spaghetti Salad
Fruit
Square

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

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

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

July 9, 2018	EAAA, Essex St. Bangor	9:30—11:30 AM
July 13, 2018	Friends in Action Ellsworth	8:30—10:30 AM
July 17, 2018	EAAA, Essex St. Bangor	5:00—7:00 PM
July 25, 2018	Peaks House, Dover-Foxcroft	10:00– 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