

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

June 1, 2018

Friday

Spaghetti and Meatballs

Cole Slaw
Fruit
Garlic Bread
Lemon Square

June 4, 2018

Monday

Beef Pot Pie

Summer Slaw
Fruit
Roll
Cookie

June 5, 2018

Tuesday

Cheeseburger

Pasta Salad
Broccoli Slaw
Apple Pie

June 6, 2018

Wednesday

Turkey and Gravy

Mashed Potatoes
Squash
Fruit
Roll
Cake

June 7, 2018

Thursday

Pizza Deluxe

Broccoli Slaw
Fruit
Ice Cream

June 8, 2018

Friday

Chicken Parmesan

Noodles with Sauce
Green Salad
Fruit
Roll
Cookie

June 11, 2018

Monday

Yankee Pork Roast

Potato
Carrots
Roll
Apple Crisp

June 12, 2018

Tuesday

Orange Chicken

Rice
Broccoli
Fruit
Roll
Cookie

June 13, 2018

Wednesday

Baked Beans

Hotdogs
Potato Salad
Fruit
Jell-O Salad

June 14, 2018

Thursday

Lemon Haddock

Rice Pilaf
Beets
Fruit
Roll
Brownie

June 15, 2018

Friday

Baked Chicken

Mashed Potatoes with Gravy
Mixed Vegetables
Fruit
Roll
Cookie

June 18, 2018

Monday

Meatloaf

Baked Potato
Carrots
Fruit
Roll
Custard Pie

June 19, 2018

Tuesday

BBQ Chicken

Macaroni Salad
Summer Slaw
Fruit
Roll
Cookie

June 20, 2018

Wednesday

Smothered Turkey over

Mashed Potatoes
Mixed Vegetables
Fruit
Roll
Orange Dream Pie

June 21, 2018

Thursday

Lasagna

Cole Slaw
Fruit
Garlic Bread
Ice Cream

June 22, 2018

Friday

Baked Stuffed Pork Chops

Mashed Potatoes with Gravy
Green Beans
Fruit
Roll
Frosted Banana Bar

June 25, 2018

Monday

Baked Stuffed Peppers

Broccoli Slaw
Fruit
Roll
Birthday Cake

June 26, 2018

Tuesday

**Chef's
Choice**

June 27, 2018

Wednesday

Pork Chow Mein

Noodles
Broccoli
Fruit
Roll
Cookie

June 28, 2018

Thursday

Pepper Steaks

Rice with Gravy
Mixed Vegetables
Fruit
Roll
Brownie

June 29, 2018

Friday

Chop Suey

Green Salad
Fruit
Garlic Bread
Strawberry Short Cake

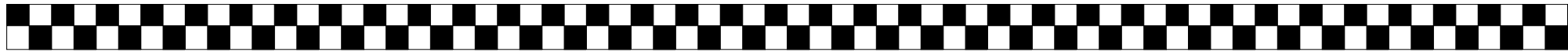
All meals are served with reduced fat milk. Some foods may contain MSG. Menu is subject to availability of item.

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

June 8, 2018	Friends in Action, Ellsworth	8:30-10:30 AM
June 11, 2018	EAAA, Essex St, Bangor	9:30—11:30 AM
June 13, 2018	Calais Methodist Homes Calais	10:00 AM—Noon
June 15, 2018	Sullivan Town Office Sullivan	10:00—NOON
June 21, 2018	Mayo Hospital, Dover Foxcroft	6:00—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