

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

			<b>March 1, 2018</b> <b>Thursday</b> <b>Stuffed Shells,</b> <b>with Meat Sauce</b> Coleslaw Roll Peach Crisp	<b>March 2, 2018</b> <b>Friday</b> <b>Haddock Bake</b> Mashed Potatoes Peas and Carrots Roll Fruit Cream Puff
<b>February 5, 2018</b> <b>Monday</b> <b>Spanish Rice</b> Mixed Vegetables Roll Fruit Cookie	<b>March 6, 2018</b> <b>Tuesday</b> <b>Turkey Stew with</b> <b>Dumplings</b> Fruit Parfait	<b>March 7, 2018</b> <b>Wednesday</b> <b>Baked Beans</b> Potato Salad Roll Fruit Cookie	<b>March 8, 2018</b> <b>Thursday</b> <b>Cabbage Rolls</b> Mixed Vegetables Roll Fruit Custard	<b>March 9, 2018</b> <b>Friday</b> <b>Fish Burger</b> French Fries Lettuce and Tomatoes Fruit Fig Bar
<b>March 12, 2018</b> <b>Monday</b> <b>Smothered Pork</b> Mashed Potatoes Mixed Vegetables Roll Fruit Cookie	<b>March 13, 2018</b> <b>Tuesday</b> <b>Taco Bake</b> Mixed Vegetables Roll Fruit Ice Cream	<b>March 14, 2018</b> <b>Wednesday</b> <b>Corn Beef Dinner</b> Cabbage Potato Carrots and Turnip Fruit Cookie	<b>March 15, 2018</b> <b>Thursday</b> <b>Chicken Burger</b> French Fries Lettuce and Tomatoes Fruit Cookie	<b>March 16, 2018</b> <b>Friday</b> <b>Salmon Loaf</b> Egg Sauce Potato Peas Roll Fruit Cream Puff
<b>March 19, 2018</b> <b>Monday</b> <b>Yankee Pot Roast</b> Potatoes with Gravy Beets Roll Fruit Cake	<b>March 20, 2018</b> <b>Tuesday</b> <b>Oven Baked Chicken</b> Baked Potato Squash Roll Apple Pie	<b>March 21, 2018</b> <b>Wednesday</b> <b>Roast Pork</b> Potato with Gravy Turnip Fruit Cookie	<b>March 22, 2018</b> <b>Thursday</b> <b>Lasagna</b> <b>with Meat Sauce</b> Salad Fruit Éclair Bar	<b>March 23, 2018</b> <b>Friday</b> <b>Fish Burger</b> French Fries Lettuce and Tomatoes Fruit Pudding
<b>March 26, 2018</b> <b>Monday</b> <b>Meatloaf</b> Potato Brussel Sprouts Roll Fruit Cookie	<b>March 27, 2018</b> <b>Tuesday</b> <b>Beef Stew</b> <b>with Dumplings</b> Fruit Cake	<b>March 28, 2018</b> <b>Wednesday</b> <b>Baked Ham</b> Mixed Vegetables Potato Roll Fruit Cookie	<b>March 29, 2018</b> <b>Thursday</b> <b>Pork Chop</b> Potato Green Beans Bread or Roll Fruit Pudding	<b>March 30, 2018</b> <b>Friday</b> <b>Corn Chowder</b> <b>Crackers</b> Roll Fruit 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

**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.

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.

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.**



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