

May 2018 Menu for EAAA Community Café, Meals on Wheels and 3 D Catering Millinocket

May 1, 2018

Tuesday

Taco Salad
Corn Chips
Roll
Fruit
Whoopi Pie

May 2, 2018

Wednesday

Baked Turkey
Potato with Gravy
Squash
Roll
Lemon Pie

May 3, 2018

Thursday

Spaghetti with Meat Sauce
Mixed Vegetable
Roll
Fruit
Brownie

May 4, 2018

Friday

Chicken Nuggets
French Fries
Pickled Beets
Roll
Fruit
Cookie

May 7, 2018

Shepherd's Pie
Mixed Vegetables
Roll
Fruit
Square

May 8, 2018

Tuesday

**Boiled Dinner made with
Turnip, Cabbage,
Potato and Carrots**
Roll
Cookie

May 9, 2018

Wednesday

Baked Ziti
Pickled Beets
Garlic Bread
Fruit
Square

May 10, 2018

Thursday

Pizza
Cole Slaw
Fruit
Ice Cream

May 11, 2018

Friday

Baked Haddock
Rice
Mixed Vegetables
Roll
Fruit
Cookie

May 14, 2018

Monday

Meatloaf
Sweet Potato
Asparagus
Roll
Fruit
Custard

May 15, 2018

Tuesday

Italian Sandwich
Pasta Salad
Fruit
Cake

May 16, 2018

Wednesday

Spanish Rice
Corn
Roll
Fruit
Birthday Cake

May 17, 2018

Thursday

Cheeseburger
Lettuce and Tomato
Potato Salad
Fruit Brownie

May 18, 2018

Friday

**Baked Chicken Breast
Potato with Gravy**
Squash
Cookie

May 21, 2018

Monday

Pork Roast
Potatoes
Carrots
Roll
Fruit
Chocolate Pie

May 22, 2018

Tuesday

Cabbage Roll
Mixed Vegetables
Roll
Fruit
Cake

May 23, 2018

Wednesday

Chuck Wagon Beans
Cole Slaw
Roll
Apple Pie

May 24, 2018

Thursday

Pork Chop
Rice
Green Beans
Roll
Fruit
Coffee Bar

May 25, 2018

Friday

**"Holiday BBQ"
BBQ Chicken Breast**
Macaroni Salad
Cucumber and Tomato Salad
Frit
Whoopi Pie

May 28, 2018

Monday

**Café Closed in observance of
Memorial Day Holiday**

**MOW & 3D Catered
Cook's Choice**

May 29, 2018

Tuesday

Baked Macaroni and Cheese
Green Beans
Roll
Fruit
Cookie

May 30, 2018

Wednesday

Smothered Pork over Noodles
Carrots
Roll
Fruit
Ginger Bread

May 31, 2018

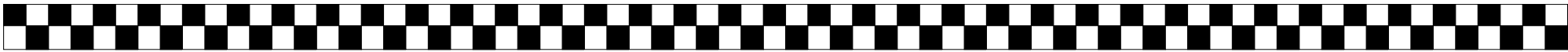
Thursday

**Lemon haddock
Rice Pilaf**
Mixed Vegetables
Roll
Fruit
Brownie



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 and the USDA offer the **FREE** Commodity Supplemental Food Program (CSFP), to help seniors stock their shelves
30 LBS OF FOOD MONTHLY FOR LOW-INCOME SENIORS



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

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

May 11, 2018	Friends in Action, Ellsworth	8:30-10:30 AM
May 14, 2018	EAAA, Essex St, Bangor	9:30—11:30 AM
May 15, 2018	EAAA, Essex St Bangor	5:00—7:00 PM
May 16, 2018	Peaks House Dover-Foxcroft	10:00—NOON

12th Annual SENIOR EXPO **Save the DATE!**

Eastern Area Agency on Aging's **12th Annual Senior Expo**

- Thursday, May 17, 2018
- Husson University Gym
- Breakouts at Gracie Theatre

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 feels like home, with the additional services you need!**

Winterberry Heights
Assisted Living & Memory Care

932 Ohio St., Bangor, ME 04401

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