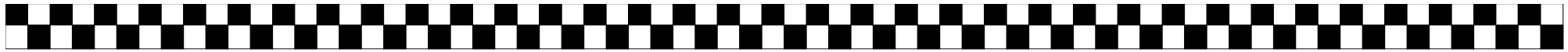


January 2018 Menu for EAAA Community Café, Meals on Wheels & 3D Catering Millinocket

January 1, 2018 Monday Holiday New Year's Day	January 2, 2018 Tuesday Taco Bake Roll, Fruit and Whoopie Pie	January 3, 2018 Wednesday Baked Turkey, Potato, Gravy, Squash, Roll and Lemon Pie	January 4, 2018 Thursday Sweet & Sour Pork Rice, Carrots, Roll and Cookie	January 5, 2018 Friday Haddock Burger, French Fries, Peas and Banana Split Cake
January 8, 2018 Monday Yankee Pot Roast, Potatoes, Carrots, Roll and Blueberry Buckle	January 9, 2018 Tuesday Chicken Cordon Bleu, Baked Potato, Broccoli, Roll, Watergate Salad	January 10, 2018 Wednesday Baked Ziti, Garlic Toast, Beets, Fruit and Coffee Bar	January 11, 2018 Thursday Chicken Nuggets French Fries, Peas and Cranberry Pie	January 12, 2018 Friday Baked Haddock, Potato Mixed Vegetables, Roll Roll, Fruit and Cookie
January 15, 2018 Monday Holiday Martin Luther King Day	January 16, 2018 Tuesday Spaghetti w/Meatballs Rolls, Toss Salad, Fruit and Cheese Cake	January 17, 2018 Wednesday Baked Ham w/ Pineapple Potato ,Mixed Veggie, Roll Fruit and Birthday Cake	January 18, 2018 Thursday Turkey La King Potatoes, Carrots, Roll Fruit and Éclair Bar	January 19, 2018 Friday Clam Chowder Salad, Biscuit, Fruit and Cookie
January 22, 2018 Monday Smothered Beef Over Noodles, Corn, Rolls, Fruit and Ginger Bread	January 23, 2018 Tuesday Turkey Stew w/ Dumplings Crackers, Fruit and Banana Cookie	January 24, 2018 Wednesday Lasagna w/ Meat Sauce Peas & Corn, Roll, Fruit and Parfait	January 25, 2018 Thursday Orange Chicken Potatoes w/ Gravy, Mixed Veggies, Roll, Fruit and Brownie	January 26, 2018 Friday Fish Chowder Crackers, Cucumbers & Tomatoes Fruit and Cookie
January 29, 2018 Monday Cabbage Roll Mixed Veggie, Roll, Fruit and Pound Cake	January 30, 2018 Tuesday Scallop Potatoes w/ Ham Peas, Roll and Blueberry Pie	Wednesday Spanish Rice Corn Roll Fruit Cake	Thursday	Friday

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.



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Assisted Living & Memory Care

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Call now for your complimentary meal & personal tour! 207-942-6002