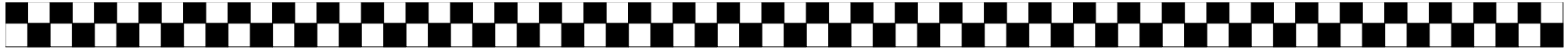


November 2017 Menu for EAAA Community Café, Meals on Wheels & 3D Catering Millinocket

		November 1, 2017 Wednesday Pasta with Creamy Garlic Sausage Sauce Tossed Salad Roll Fruit Custard Pie	November 2, 2017 Thursday Chop Suey Salad Roll Melon Chocolate Chip Cookie	November 3, 2017 Friday Lemon Haddock Mashed Potatoes Peas and Carrots Roll Fruit Cream Puff
November 6, 2017 Monday Yankee Pot Roast Mashed Potatoes and Gravy Yellow Beans Bread Fruit Apple Crisp	November 7, 2017 Tuesday Chicken Marsala over Rice Carrots Roll Raspberries Peanut Butter Cookie	November 8, 2017 Wednesday Stuffed Shells with Meat Sauce ColeSlaw Roll Fruit Apple Pie	November 9, 2017 Thursday Chuck Wagon Beans Mixed Vegetables Roll Fruit Cup Blueberry Cobbler	November 10, 2017 Friday Tuna Noodle Casserole Green Beans Roll Fruit Banana and Fig Cookie
November 13, 2017 Monday Smothered Beef Mashed Potatoes Mixed Vegetables Roll Fruit Peanut Butter Cookie	November 14, 2017 Tuesday Pork Chop Potato Green Beans Roll Pears Chocolate Cake with Peanut Butter Frosting	November 15, 2017 Wednesday Cabbage Rolls Peas and Carrots Roll Peaches Whoopie Pie	November 16, 2017 Thursday Turkey Dinner Mashed Potatoes and Gravy Stuffing Squash Cranberry Sauce Bread Pumpkin Pie	November 17, 2017 Friday Fish Sticks with Tartar Sauce French Fries Cucumber Salad Bread Mandarin Oranges Pudding
November 20, 2017 Monday Beef Stroganoff with Noodles Broccoli Melon Bread Cheese Cake with Cherry Sauce	November 21, 2017 Tuesday Chicken Alfredo with Biscuit Stir Fry Vegetables Bread Pears Bread Pudding	November 22, 2017 Wednesday Roast Pork Mashed Potatoes with Gravy Turnip Roll Applesauce Coffee Bar	November 23, 2017 Thursday Café Closed in Observance of Thanksgiving Holiday Happy Thanksgiving!	November 24, 2017 Friday Fish Chowder Crackers Rolls Peaches
November 27, 2017 Monday Meatloaf Mashed Potatoes and Gravy Brussel Sprouts Roll Peaches Golden Pound Cake	November 28, 2017 Tuesday Oven Baked Chicken Baked Potato Carrots Roll Melon Cup Apple Crisp	November 29, 2017 Wednesday Baked Ham Potato Peas Roll Pears Birthday Cake	November 30, 2017 Thursday Lasagna with Meat Sauce Tossed Salad Roll Fruit Cocktail Éclair Bar	

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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