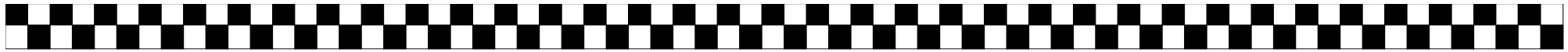


October 2017 Menu for EAAA Community Café, Meals on Wheels & 3D Catering Millinocket

<p>October 2, 2017 Monday Chicken Divan Mashed Potatoes with Gravy Green Beans Roll Fruit Cheese Cake</p>	<p>October 3, 2017 Tuesday Pork Chops Baked Potato Green Salad Roll Fruit Chocolate Cake</p>	<p>October 4, 2017 Wednesday Cabbage Rolls Rice Peas and Carrots Roll Fruit Whoopie Pie</p>	<p>October 5, 2017 Thursday Turkey Dinner Mashed Potatoes with Gravy Stuffing Squash Cranberry Sauce Roll Fruit Pumpkin Pie</p>	<p>October 6, 2017 Friday Fish Sticks French Fries Cucumber Salad Roll Fruit Pudding</p>
<p>October 9, 2017 Monday Café Closed in observance of Columbus Day Holiday</p>	<p>October 10, 2017 Tuesday Chicken Alfredo Mixed Vegetables Biscuit Fruit Bread Pudding</p>	<p>October 11, 2017 Wednesday Roast Pork Mashed Potatoes with Gravy Turnip Roll Fruit Coffe Bar</p>	<p>October 12, 2017 Thursday Spaghetti and Meat Sauce Tossed Salad Roll Fruit Birthday Cake</p>	<p>October 13, 2017 Friday Beef Barley Soup Crackers Biscuit Fruit Peanut Butter Bar</p>
<p>October 16, 2017 Monday Meatloaf with Gravy Potato Brussel Sprouts Roll Fruit Golden Pound Cake</p>	<p>October 17, 2017 Tuesday Oven Baked Chicken Potato Carrots Roll Fruit Apple Crisp</p>	<p>October 18, 2017 Wednesday Baked Ham Potato Peas Roll Fruit Lazy Daisy Cake</p>	<p>October 19, 2017 Thursday American Chop Suey Mixed Vegetables Roll Fruit Blonde Brownie</p>	<p>October 20, 2017 Friday Baked Haddock Rice Yellow Beans Roll Fruit Pumpkin Square</p>
<p>October 23, 2017 Monday Lemon Chicken Noodles Stuffing Cranberry Sauce Roll Fruit Custard</p>	<p>October 24, 2017 Tuesday Salisbury Steak Potato Cauliflower Roll Fruit Date Square</p>	<p>October 25, 2017 Wednesday Stuffed Shells with Meat Sauce Green Beans Roll Fruit Lemon Pie</p>	<p>October 26, 2017 Thursday Macaroni and Cheese with Ham Peas and Onions Roll Fruit Peanut Butter Cookie</p>	<p>October 27, 2017 Friday Haddock Burger French Fries Carrots Roll Fruit Ice Cream Bar</p>
<p>October 30, 2017 Monday Pot Roast Potato and Gravy Harvard Beets Roll Fruit Cake</p>	<p>October 31, 2017 Tuesday Cheese Ravioli with Meat Sauce Coleslaw Roll Fruit Cookie</p>			

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
Mon thru Thurs - 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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