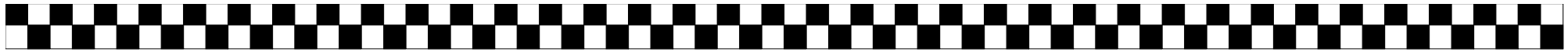


September 2017 Menu for EAAA Community Café, Meals on Wheels & 3D Catering Millinocket

				September 1, 2017 Friday Haddock Burger Fries Coleslaw Fruit Ice Cream
September 4, 2017 Monday Labor Day Holiday	September 5, 2017 Tuesday BBQ Cheese Burgers and Hot Dogs Chips Salads Watermelon Peanut butter Bar	September 6, 2017 Wednesday Smothered Beef Mashed Potatoes Green Beans Roll Fruit Whoopie Pie	September 7, 2017 Thursday Sweet and Sour Pork Rice Carrots Fruit Molasses Cookie	September 8, 2017 Friday Beef Stew Salad Roll Fruit Brownie
September 11, 2017 Monday Roast Pork Mashed Potatoes and Gravy Green Beans Roll Fruit Date Square	September 12, 2017 Tuesday Chicken Nuggets Mashed Potatoes with Gravy Coleslaw Roll Fruit Coffee Bar	September 13, 2017 Wednesday Baked Ziti Garlic Toast Peas Roll Fruit Lemon Turnover	September 14, 2017 Thursday Chicken Broccoli Bake Cottage Cheese Roll Fruit Banana Pudding	September 15, 2017 Friday Lemon Haddock Baked Potato Mixed Vegetables Fruit Roll Cookie
September 18, 2017 Monday Spaghetti and Meatballs Tossed Salad Roll Fruit Cheese Cake	September 19, 2017 Tuesday Meat Loaf Potato with Gravy Brussel Sprouts Roll Fruit Apple Crisp	September 20, 2017 Wednesday Baked Ham with Pineapple Potato Green Beans Roll Fruit Birthday Cake	September 21, 2017 Thursday Baked Macaroni and Cheese Kielbasa Tomatoes Roll Fruit Banana Pudding	September 22, 2017 Friday BBQ Chicken Potatoes Yellow Beans Roll Fruit Chocolate Cake
September 25, 2017 Monday Smothered Beef Noodles Corn Roll Fruit Root Beer Cake	September 26, 2017 Tuesday Turkey Stew Crackers Roll Fruit Cookie	September 27, 2017 Wednesday Cranberry Chicken Rice Green Beans Roll Fruit Lemon Square	September 28, 2017 Thursday Lasagna with Meat Sauce Peas and Corn Roll Fruit Butterscotch Cake	September 29, 2017 Friday Fish Chowder Crackers Roll Fruit Tapioca Pudding

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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