

# Menu for Community Cafes, Meals on Wheels & Doorstep Dining



March 2020  
Bangor Area B Group

**March 2, 2020**

**Monday**

**Chicken Paprikash**  
Egg Noodles  
Broccoli  
White Bread  
Dessert

**March 3, 2020**

**Tuesday**

**Mild Beef Chili**  
Red Beans & Rice  
Wheat Bread  
Dessert

**March 4, 2020**

**Wednesday**

**Pulled Turkey Breast  
& Herbed Gravy**  
Mashed Potatoes  
Peas and Carrots  
Wheat Bread  
Dessert

**March 5, 2020**

**Thursday**

**Honey Mustard Pork**  
Brown Rice Pilaf  
Vegetable Blend  
Wheat Bread  
Dessert

**March 6, 2020**

**Friday**

**Meatballs with Stout  
and Mustard Thyme Sauce**  
Vegetable Blend  
Wheat Bread  
Dessert

**March 9, 2020**

**Monday**

**Garlic Pork**  
Roasted Potatoes  
Mixed Vegetables  
Wheat Bread  
Dessert

**March 10, 2020**

**Tuesday**

**Ham & Cheese Wrap**  
Tropical Fruit  
Three Bean Salad  
Wheat Bread  
Dessert

**March 11, 2020**

**Wednesday**

**Cheese & Beef Macaroni**  
Mixed Vegetables  
Green Beans  
Wheat Bread  
Dessert

**March 12, 2020**

**Thursday**

**Turkey Stew**  
Cauliflower & Broccoli  
Carrots  
Wheat Bread  
Dessert

**March 13, 2020**

**Friday**

**Sweet and Sour Meatballs**  
Sesame Vegetable Rice  
Green Beans  
Wheat Bread  
Dessert

**March 16, 2020**

**Monday**

**Mediterranean Style Chicken**  
Chick Pea Brown Rice Medley  
Broccoli  
Wheat Bread  
Dessert

**March 17, 2020**

**Tuesday**

**Beef Goulash**  
with Elbow Macaroni  
Sliced Zucchini  
Wheat Bread  
Dessert

**March 18, 2020**

**Wednesday**

**Pork With Apple Onion Sauce**  
Cranberry & Lentil Rice  
Mixed Vegetables  
Wheat Bread  
Dessert

**March 19, 2020**

**Thursday**

**Garden Vegetable Lasagna**  
Mixed Vegetables  
Wheat Bread  
Dessert

**March 20, 2020**

**Friday**

**Shepherd's Pie**  
Green Beans  
Vegetable Medley  
Wheat Bread  
Dessert

**March 23, 2020**

**Monday**

**Braised Pork w/ White Wine  
& Herb Sauce**  
Mashed Potatoes  
Broccoli & Green Beans  
Wheat Bread  
Dessert

**March 24, 2020**

**Tuesday**

**Turkey Tetrizzini**  
Vegetable Blend  
Wheat Bread  
Dessert

**March 25, 2020**

**Wednesday**

**Chimichurri Beef & Rice**  
Mixed Vegetables  
Wheat Bread  
Dessert

**March 26, 2020**

**Thursday**

**Shells & Cheese**  
Peas  
California Veggie Blend  
Wheat Bread  
Dessert

**March 27, 2020**

**Friday**

**Chicken with Spinach**  
Tomato & Parmesan Sauce  
Roasted Potatoes  
Broccoli  
Wheat Bread  
Dessert

**March 30, 2020**

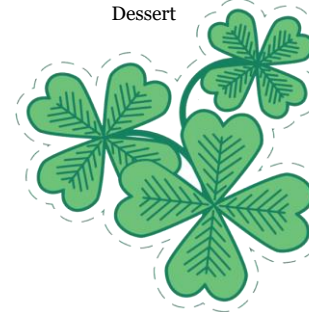
**Monday**

**Lemon Dill Tilapia**  
Roasted Potatoes  
Peas  
Wheat Bread  
Dessert

**March 31, 2020**

**Tuesday**

**Chicken Paprikash**  
Egg Noodles  
Broccoli  
White Bread  
Dessert



Suggested donation of \$4.00 for age 60 and older Community 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

# Happy St. Paddy's Day from Eastern Area Agency on Aging!

Eastern Area Agency on Aging Community Cafés

Saint Patrick's Day

Penobscot		Piscataquis	Hancock	Washington
<p><b>BANGOR--All Souls Congo Church</b> 10 Broadway Mon, Wed &amp; Fri--noon 404-5848</p> <p><b>BREWER--Heritage Colonial Circle</b> Ste 1 Wed &amp; Fri- noon 404-5847</p> <p><b>HAMPDEN--Kiwanis Civic Center</b> 1245 Main St. Thurs 11:30 862-5668</p>	<p><b>DEXTER-- Dexter</b> The Gathering Main St., Dexter Tues &amp; Thurs-noon-924-3458</p> <p><b>MILLINOCKET--Stearns Senior Center</b> Monday thru Friday - 11:30 723-2045</p>	<p><b>DOVER--The Commons</b> 162 E. Main St., Dover Weds-11:30 343-3018</p> <p><b>MILO -- 3 River's Kiwanis Bldg.</b> Tues-- 11:45 943-2488</p>	<p><b>FRANKLIN-- Pinebrook Apts.</b> 10 Pinebrook Rd Tues--noon 565-3382</p> <p><b>PENOBSCOT-- 1st Methodist Church</b> 14 Southern Bay Rd (Rt175) Mon- 11:30 326-9488</p> <p><b>BROOKSVILLE--Townhouse</b> Coastal Rd Thurs noon 326-8864</p> <p><b>ELLSWORTH--Meadow View Apartments</b> 25 Tweedie Lane Weds - 11:30am 356-8949</p> <p><b>ELLSWORTH--Friends in Action 5</b> General Moore Way Tues &amp; Thurs. - Noon 664-6016</p>	<p><b>CALAIS -- Palmer Lane Est.</b> 72 Palmer Lane, Thurs 11:30 454-2215</p> <p><b>MACHIAS-- Bluebird Restaurant</b> - Dine Around Site - 78 Main Street 3<sup>rd</sup> Mon of each month-- 11:30 454-2215</p> <p><b>LUBEC-- Sunrise Apts.</b> 5 Emery Circle Tues &amp; Thurs - 11:30 454-2215</p> <p><b>MEDDYBEMPS--Community Center.</b> 849 Main St, third Tuesday-- noon 454-2215</p>

Updated 2/20/2020

CLOVER  
HORSESHOE  
LEPRECHAUN  
PATRICK  
SHAMROCK  
GOLD  
IRELAND  
LUCKY  
RAINBOW  
GREEN  
IRISH  
MARCH  
SAINT



C G Z I A F L D K B U Z B Y Q  
C X A O A I P C L R T S O M A  
Q E T H P B O A X U T N Q G G  
E A N Y A R I Z Q N I W I C R  
O P N U M R A I N B O W L A G  
H P A A A F C D F W Y O I H S  
S T H T H H S G B J V W C V P  
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R B S Q O K C U G L S L K A Z  
I R I S H V E L J M L E Z N V  
A D L Q G K B Y F J X Q U D A

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