

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



March 2020  
Bangor Area J Group

**March 2, 2020**

**Monday**

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

**March 3, 2020**

**Tuesday**

**Baked Beans & Hot Dogs**  
Corn  
Wheat Bread  
Dessert

**March 4, 2020**

**Wednesday**

**Turkey Tetrazzini**  
**Vegetable Blend**  
Wheat Bread  
Dessert

**March 5, 2020**

**Thursday**

**Salisbury Steak**  
with Onion Gravy  
Spinach Mashed Potatoes  
Wheat Bread  
Dessert

**March 6, 2020**

**Friday**

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

**March 9, 2020**

**Monday**

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

**March 10, 2020**

**Tuesday**

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

**March 11, 2020**

**Wednesday**

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

**March 12, 2020**

**Thursday**

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

**March 13, 2020**

**Friday**

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

**March 16, 2020**

**Monday**

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



**March 17, 2020**

**Tuesday**

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

**March 18, 2020**

**Wednesday**

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

**March 19, 2020**

**Thursday**

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

**March 20, 2020**

**Friday**

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

**March 23, 2020**

**Monday**

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

**March 24, 2020**

**Tuesday**

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

**March 25, 2020**

**Wednesday**

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

**March 26, 2020**

**Thursday**

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

**March 27, 2020**

**Friday**

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

**March 30, 2020**

**Monday**

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

**March 31, 2020**

**Tuesday**

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

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