

(September/2019) Menu for Community Cafés, Meals on Wheels & 3D Catering AREA

September 2, 2019 Monday	September 3, 2019 Tuesday	September 4, 2019 Wednesday	September 5, 2019 Thursday	September 6, 2019 Friday
Café Closed Labor Day	Pork Pot Pie With a Biscuit, Fruit and cake	Turkey and Gravy Potato, Peas, Roll, Fruit and Pie	Italian Wedding Soup Roll, Fruit and Square	Haddock Fillet Potato Salad, lettuce, Tomato, Bread Pudding
September 9, 2019 Monday	September 10, 2019 Tuesday	September 11, 2019 Wednesday	September 12, 2019 Thursday	September 13, 2019 Friday
Stuffed Chicken Potato, Peas, Roll, Fruit and Birthday Cake	Pot Roast Potato, Carrots Roll, Fruit and Pie	Spanish Rice W/ Hamburger Corn, Roll, Fruit and Pudding	Chicken Nuggets French Fries Cole Slaw, Fruit and Ice Cream	Pepper Steaks Wild Rice, Green Beans, Roll, Fruit and Whoopi Pie
September 16, 2019 Monday	September 17, 2019 Tuesday	September 18, 2019 Wednesday	September 19, 2019 Thursday	September 20, 2019 Friday
Chop Suey Garlic Bread, Cole Slaw, Fruit and Pudding	Stuffed Pork Chops Rice, Peas, Roll, Fruit and Apple Pie	Baked Beans Hot Dogs, Roll, Fruit and Peanut Butter Bar	Baked Chicken Wild Rice, Carrots, Roll, Fruit and Cake	Haddock Fillet Mashed Potato, Broccoli, Roll, Fruit and Pie
September 23, 2019 Monday	September 24, 2019 Tuesday	September 25, 2019 Wednesday	September 26, 2019 Thursday	September 27, 2019 Friday
Meat Loaf Baked Potato, Green Beans, Roll Fruit and Cake	Pizza Deluxe Green Salad Fruit and Watergate Salad	Turkey and Gravy Potato, Peas, Roll, Fruit and Pie	Sloppy Joe Cole Slaw, Fruit and Orange Whip	Italian Sandwich Macaroni Salad, Fruit and Cake
September 30, 2019 Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti, Meat Sauce Garlic Bread Cole Slaw, Fruit and Pie				

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

from Eastern Area Agency on Aging!

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Call us at 207-941-2865 to register!

March 11, 2019	Eastern Area Agency on Aging	9:30-11:30 a.m.
March 12, 2019	Eastern Area Agency on Aging	5:00-7:00 p.m.
March 20, 2019	Mayo Hospital, Dover-Foxcroft	6:00-7:30 p.m.
March 27, 2019	Peaks House, Dover Foxcroft	9:00-10:45 a.m.



Calais Methodist Apartments: 116 Palmer Street, Calais
 DHHS Machias: 38 Prescott Drive, Machias
 Eastern Area Agency on Aging: 450 Essex Street, Bangor
 Friends in Action Senior Center: (Moore Community Center) 5 General Moore Way, Ellsworth
 Health Access Network, 175 W Broadway, Lincoln
 Mayo Regional Hospital: 897 W Main S, Dover Foxcroft
 Peaks House: 163 East Main Street, Dover Foxcroft
 *RSU 19 Nokomis Regional High School, 266 Williams Rd, Newport
 Call Nokomis High School to register for Medicare 101 Class



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