

August 2018 Menu for Community Cafés, Meals on Wheels & 3D Catering

Outside Bangor Area

August 1, 2018
Wednesday
Caribbean Mango Pork
 Brown Rice and Black Beans
 Caribbean Blend Vegetables
 Wheat Bread
 Dessert

August 2, 2018
Thursday
Fish Newburg
 Mashed Potatoes
 Peas and Carrots
 Wheat Bread
 Dessert

August 3, 2018
Friday
Chicken Pot Pie
 Broccoli Cuts
 Wheat Bread
 Dessert

August 6, 2018
Monday
Garden Vegetable Cheese Ravioli
 Mixed Vegetables
 Wheat Bread
 Dessert

August 7, 2018
Tuesday
Cheese and Beef Macaroni
 Mixed Vegetables
 Green Beans
 Wheat Bread
 Dessert

August 8, 2018
Wednesday
Creamy Chicken
 Roasted Red Potatoes
 Carrots and Broccoli
 Wheat Bread
 Dessert

August 9, 2018
Thursday
Ham and Cheese Wrap
 Tropical Fruit
 Three Bean Salad
 Wheat Bread
 Dessert

August 10, 2018
Friday
Pulled Pork
 Mashed Sweet Potatoes
 Corn
 Wheat Bread
 Dessert

August 13, 2018
Monday
Meatloaf
 Mashed Potatoes
 Corn and Peas
 Wheat Bread
 Dessert

August 14, 2018
Tuesday
Sweet Thai Style Chicken
 White Rice
 Vegetable Medley
 Wheat Bread
 Dessert

August 15, 2018
Wednesday
Beef Goulash with Elbow Macaroni
 Sliced Zucchini
 Wheat Bread
 Dessert

August 16, 2018
Thursday
Pork with Apple Onion Sauce
 Cranberry and Lentil Rice
 Mixed Vegetables
 Wheat Bread
 Dessert

August 17, 2018
Friday
Pasta Primavera
 Mixed Vegetables
 Wheat Bread
 Dessert

August 20, 2018
Monday
Orange Glazed Chicken
 Fried Rice
 Peas and Cauliflower
 Wheat Bread
 Dessert

August 21, 2018
Tuesday
Baked Beans and Hot Dogs
 Corn
 Wheat Bread
 Dessert

August 22, 2018
Wednesday
Turkey and Rice with Cheese Sauce
 Corn and Black Beans
 Wheat Bread
 Dessert

August 23, 2018
Thursday
Salisbury Steak with Onion Gravy
 Spinach Mashed Potatoes
 Green Beans and Corn
 Wheat Bread
 Dessert

August 24, 2018
Friday
Shells and Cheese
 Peas
 California Vegetable Blend
 Wheat Bread
 Dessert

August 27, 2018
Monday
Meatballs with Stout and Mustard Thyme Sauce
 Vegetable Blend
 Wheat Bread
 Dessert

August 28, 2018
Tuesday
Caribbean Mango Pork
 Brown Rice and Black Beans
 Caribbean Blend Vegetables
 Wheat Bread
 Dessert

August 29, 2018
Wednesday
Chicken Florentine
 Orange Flavored Rice
 Carrots and Zucchini
 Wheat Bread
 Dessert

August 30, 2018
Thursday
Stuffed Shells with Italian Turkey Sausage
 Sliced Zucchini and Spinach
 Wheat Bread
 Dessert

August 31, 2018
Friday
Chicken Pot Pie
 Broccoli Cuts
 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

CORINNA -

Corundel Commons
14 Hill St.
Tues-noon-924-2040

LINCOLN -

Lake View Senior Living
20 Main St.
Tues & Thurs-noon-403-7300

DOVER

Morton Ave. School
Mon -943-2488

Closed at this time**DEXTER -**

Dexter Town Hall Comm. Ctr.
10 Hall St.
Tues & Thurs-noon-924-3458

GREENVILLE -

Dean Park Housing
30 Murray St.
Tues & Thurs-11:30 AM-695-3844

MILO

3 River's Kiwanais Bldg.
Tues—11:30 AM—943-3138

PATTEN—

Pentecostal Church
102 Main St.
Last Mon. of month-noon-548-2641

CALAIS -

Palmer Lane Est.
72 Palmer Lane
Mon, Thurs11:30 AM-454-2215

MACHIAS

Bluebird Rest. Dine Around (hosts)
78 Main Street
3rd Mon of each month—11:00
255-6665

LUBEC

Sunrise Apts.
5 Emery Circle
Tues & Thurs - noon-454-2215

FRANKLIN

Pinebrook Apts.
10 Pinebrook Rd
Tues-noon- 565-3382

PENOBSCOT

1st Methodist Church
14 Southern Bay Rd (Rt175)
Mon-11:30 AM-326-8920

BROOKSVILLE

Townhouse Coastal Rd
Thurs—noon—326-8864

MEDICARE 101 CLASSES
FREE educational classes about Medicare
and choices you have.

[Call 207-941-2865 to register](tel:207-941-2865)

August 13, 2018	EAAA, Essex St. Bangor- 9:30 AM—11:30 AM
August 15, 2018	Peaks House Dover Foxcroft- 10:00 Am—noon
August 17, 2018	Friends in Action Ellsworth- 8:30 to 10:30 AM
August 21, 2018	EAAA, Essex St. Bangor 5 :00 PM to 7:00 PM



It takes many **volunteers** to enable the programs of EAAA to exist. Without our volunteers, we could not provide the support that we do.

Call 941-2865 to learn what volunteer opportunities exist.

EAAA Community Cafes. Please call for a reservation by 9 am the day prior.



WELCOME HOME!

Winterberry Heights
Assisted Living & Memory Care

932 Ohio St., Bangor, ME 04401

Winterberry Heights feels like home, with the additional services you need! Monthly rent Includes: Three delicious, chef-prepared daily meals; 24-hour caring health staff; safety call system in every suite; weekly housekeeping/linen Service s scheduled local transportation; planned activities, and so much more!