

# August 2018 Menu for EAAA Community Café, Meals on Wheels & August Catering Millinocket

**August 1, 2018**

**Wednesday**

**Turkey and Gravy**  
Mashed Potatoes  
Squash  
Roll  
Fruit  
Pumpkin Pie

**August 2, 2018**

**Thursday**

**Spaghetti and Meat Sauce**  
Cole Slaw  
Garlic Bread  
Fruit  
Peanut Butter Square

**August 3, 2018**

**Friday**

**Haddock Burger**  
French Fries  
Cole Slaw  
Fruit  
Pudding

**August 6, 2018**

**Monday**

**Cabbage Rolls**  
Mixed Vegetables  
Roll  
Fruit  
Custard

**August 7, 2018**

**Tuesday**

**Scrambled Eggs**  
Sausage  
Home Fries with Onions  
Fruit  
Pumpkin Spiced Muffins

**August 8, 2018**

**Wednesday**

**Baked Chicken**  
Potatoes  
Gravy  
Green Beans  
Roll  
Fruit  
Whoopie Pie

**August 9, 2018**

**Thursday**

**Yankee Pot Roast**  
Potato  
Carrots  
Roll  
Apple Crisp

**August 10, 2018**

**Friday**

**Sloppy Joes**  
French Fries  
Cole Slaw  
Fruit  
Cookie

**August 13, 2018**

**Monday**

**Meatloaf**  
Baked Potato  
Brussel Sprouts  
Roll  
Fruit  
Cake

**August 14, 2018**

**Tuesday**

**Taco Bake**  
Mixed Vegetables  
Roll  
Fruit  
Banana Cream Pie

**August 15, 2018**

**Wednesday**

**Baked Macaroni and Cheese**  
Broccoli  
Roll  
Fruit  
Peanut Butter Cookie

**August 16, 2018**

**Thursday**

**Baked Haddock**  
Potato  
Carrots  
Bread  
Fruit  
Chocolate Chip Square

**August 17, 2018**

**Friday**

**Hot Turkey and Gravy on a Bun**  
Green Salad  
Fruit  
Cookie

**August 20, 2018**

**Monday**

**Baked Stuffed Peppers**  
Broccoli Slaw  
Roll  
Fruit  
Birthday Cake

**August 21, 2018**

**Tuesday**

**Pizza Deluxe**  
Broccoli Slaw  
Fruit  
Ice Cream

**August 22, 2018**

**Wednesday**

**Chop Suey**  
Green Salad  
Garlic Bread  
Fruit  
Cookie

**August 23, 2018**

**Thursday**

**Italian Sandwich**  
Cole Slaw  
Fruit  
Graham Cracker Cream Cake

**August 24, 2018**

**Friday**

**Pepper Steak**  
Potato  
Gravy  
Mixed Vegetables  
Roll  
Fruit  
Dream Pie

**August 27, 2018**

**Monday**

**Turkey Pot Pie**  
Broccoli  
Roll  
Fruit  
Cake

**August 28, 2018**

**Tuesday**

**Boiled Dinner**  
Potatoes  
Cabbage  
Turnip  
Carrots  
Roll  
Fruit  
Peanut Butter Square

**August 29, 2018**

**Wednesday**

**Baked Beans and Hotdogs**  
Potato Salad  
Fruit Salad

**August 30, 2018**

**Thursday**

**Smothered Beef**  
Mashed Potatoes  
Mixed Vegetables  
Fruit  
Coffee Cake

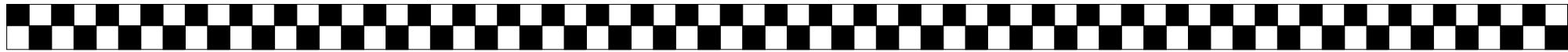
**August 30, 2018**

**Friday**

**Lasagna**  
Broccoli Slaw  
Garlic Bread  
Fruit  
Cookie

Cost is \$4.00 per meal for everyone under age 60. Cost for March 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**  
Monday thru Friday - 723-2045

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

EAAA and the USDA offer the **FREE** Commodity Supplemental Food Program (CSFP), to help seniors stock their shelves

If you're 60 or over and your monthly income is \$1,307 for one or \$1,760 for a couple.



**30 LBS OF FOOD MONTHLY FOR LOW-INCOME SENIORS**

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.**



**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; scheduled local transportation; planned activities, and so much more!

**Call now for your complimentary meal & personal tour! 207-942-6002**