

# July 2019 Menu for Community Cafés, Meals on Wheels & 3D Catering

## Millinocket Community Café



<b>July 1, 2019</b> <b>Monday</b>	<b>July 2, 2019</b> <b>Tuesday</b>	<b>July 3, 2019</b> <b>Wednesday</b>	<b>July 4, 2019</b> <b>Thursday</b>	<b>July 5, 2019</b> <b>Friday</b>
<b>Scallop Potatoes,</b> Ham, Peas, Roll, Fruit and Whoopi Pie	<b>Hamburgers &amp; Hot Dogs</b> Baked Beans, Pasta Salad, Potato Salad, Fruit and Cake	<b>Chili and Corn</b> <b>Bread</b> Cole Slaw, Fruit and Peanut Butter Bar	<b>Café Closed</b>	<b>Spaghetti &amp;</b> <b>Meat Balls</b> Green Salad Garlic Bread, Fruit and Pie
<b>July 8, 2019</b> <b>Monday</b>	<b>July 9, 2019</b> <b>Tuesday</b>	<b>July 10, 2019</b> <b>Wednesday</b>	<b>July 11, 2019</b> <b>Thursday</b>	<b>July 12, 2019</b> <b>Friday</b>
<b>Pork Pot Pie</b> <b>With a Biscuit</b> Fruit and Ice Cream	<b>Yankee Pot Roast</b> Potatoes, Carrots, Fruit and Birthday Cake	<b>Baked Turkey</b> Potato, Peas and Carrots, Roll, Fruit and Raspberry Crisp	<b>Cheese Burger</b> Lettuce, Tomatoes, Macaroni Salad, Fruit and Watergate Salad	<b>Chicken, Gravy</b> Rice, Peas, Roll, Fruit and Pie
<b>July 15, 2019</b> <b>Monday</b>	<b>July 16, 2019</b> <b>Tuesday</b>	<b>July 17, 2019</b> <b>Wednesday</b>	<b>July 18, 2019</b> <b>Thursday</b>	<b>July 19, 2019</b> <b>Friday</b>
<b>Smothered Beef</b> Potato, Green Beans, Roll, Fruit and Cake	<b>Chicken Nuggets</b> Potato Wedges, Green Salad, Fruit and Sherbet	<b>Lasagna</b> Green Salad, Fruit and Apple Pie	<b>Salisbury Steak</b> Mushroom Gravy Rice, Carrots Roll, Fruit and Pie	<b>Baked Macaroni</b> <b>and Cheese</b> Kielbasa, Broccoli, Roll, Fruit and Fruit Jell-O Salad
<b>July 22, 2019</b> <b>Monday</b>	<b>July 23, 2019</b> <b>Tuesday</b>	<b>July 24, 2019</b> <b>Wednesday</b>	<b>July 25, 2019</b> <b>Thursday</b>	<b>July 26, 2019</b> <b>Friday</b>
<b>Seafood Bake</b> Potato, Mixed Vegetable, Roll, Fruit and Cake	<b>Pizza Deluxe</b> Cole Slaw, Fruit and Ice Cream	<b>Chicken Parmesan</b> Spaghetti, Cole Slaw Roll, Fruit and Cake	<b>Hot Dogs</b> French Fries, Cole Slaw, Fruit and Square	<b>Pork Chops</b> Potato, Green Beans, Roll, Fruit and Pie
<b>July 29, 2019</b> <b>Monday</b>	<b>July 30, 2019</b> <b>Tuesday</b>	<b>July 31, 2019</b> <b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat Loaf</b> Baked Potato, Green Beans, Roll, Fruit and Blueberry Cobbler	<b>Italian Sandwich</b> Macaroni Salad, Fruit and Cake	<b>Spanish Rice</b> Mixed Vegetable, Roll, Fruit and Ice Cream	<b>Baked Chicken</b> Potato, Carrots, Roll, Fruit and Pie	<b>Cabbage Roll Soup</b> Green Salad, Roll, Fruit and Whoopi 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

# Happy Independence Day from Eastern Area Agency on Aging!

## TURNING 65?

Register for Medicare 101 today!

Eastern Area Agency on Aging offers **FREE** educational classes to inform you about Medicare and the important choices you have.



Call us at 207-941-2865 to register!

July 9, 2019	Brewer Community Center	9:30-11:30 a.m.
July 16, 2019	Bucksport Senior Center	1:00-3:00 p.m.
July 16, 2019	Eastern Area Agency on Aging	5:00-7:00 p.m.
July 24, 2019	The Commons, 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: 1129 Union St., Bangor  
 Brewer Community Center: 10 Cutler Pl., Brewer  
 Bucksport Senior Center: 125 Broadway, Bucksport  
 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 St., Dover Foxcroft  
 The Commons: 152 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.

Interpret services available upon request.



## Eastern Area Agency on Aging Community Cafés

Penobscot		Piscataquis	Hancock	Washington
<b>BANGOR</b> —All Souls Congo Church 10 Broadway Mon, Wed & Fri—noon 404-5848	<b>PATTEN</b> — Pentecostal Church 102 Main St. Last Mon. of month—noon 528-2641	<b>DOVER</b> —The Commons 162 E. Main St., Dover Weds-11:30 343-3018	<b>FRANKLIN</b> —Pinebrook Apts. 10 Pinebrook Rd Tues—noon 565-3382	<b>CALAIS</b> — Palmer Lane Est. 72 Palmer Lane, Thurs 11:30 454-2215
<b>BANGOR</b> —Nason Park Manor 140 Hancock Street Tues & Thurs 11:30 992-9481	<b>DEXTER</b> —Dexter Knights of Columbus Hall 179 North Dexter Rd. Tues & Thurs—noon-924-3458	<b>MILO</b> — 3 River's Kiwanis Bldg. Tues—11:45 943-2488	<b>PENOBSCOT</b> — 1st Methodist Church 14 Southern Bay Rd (Rt175) Mon-11:30 326-9488	<b>MACHIAS</b> — Bluebird Restaurant - Dine Around Site - 78 Main Street 3 <sup>rd</sup> Mon of each month— 11:30 454-2215
<b>BREWER</b> —Heritage Colonial Circle Wed & Fri- noon 404-5847	<b>LINCOLN</b> — Lake View Senior Living 20 Main St. Tues & Thurs—noon-403-7300	<b>BROOKSVILLE</b> —Townhouse Coastal Rd Thurs noon 326-8864	<b>ELLSWORTH</b> —Meadow View Apartments 25 Tweedie Lane Weds – 11:30am 356-8949	<b>LUBEC</b> — Sunrise Apts. 5 Emery Circle Tues & Thurs – 11:30 454-2215
<b>HAMPDEN</b> —Kiwanis Civic Center 1245 Main St. Thurs 11:30 862-5668	<b>MILLINOCKET</b> —Stearns Senior Center Monday thru Friday – 11:30 723-2045			

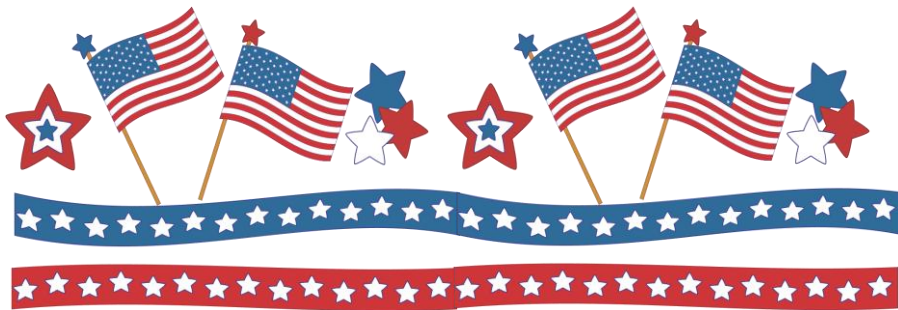
Serving your personal and business banking needs

Community Banking at its Best! Since 1918.

[KatahdinTrust.com](http://KatahdinTrust.com)

MEMBER FDIC EQUAL HOUSING LENDER

Interested in being featured on our menu?  
 Your business advertisement could be here!  
 Call us at 207-941-2865 for more information!



## 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**

