

July 2019 Menu for Community Cafés, Meals on Wheels & 3D Catering Outside Bangor Area



July 1, 2019
Monday
Chicken Pot Pie
Broccoli Cuts
Wheat Bread
Dessert

July 2, 2019
Tuesday
Chicken & Scalloped Potatoes
Peppers, Onions, & Turkey Bacon
Vegetable Medley
Wheat Bread
Dessert

July 3, 2019
Wednesday
Honey Mustard Pork
Brown Rice Pilaf
Vegetable Blend
Wheat Bread
Dessert

July 4, 2019
Thursday
Pasta Shells
with Italian Turkey Sausage
Sliced Zucchini & Spinach
Wheat Bread
Dessert

July 5, 2019
Friday
Meatballs with Stout
and Mustard Thyme Sauce
Vegetable Blend
Wheat Bread
Dessert

July 8, 2019
Monday
Indian Style Chicken
Curried Rice
Broccoli
Mixed Vegetables
Wheat Bread

July 9, 2019
Tuesday
Cheese & Beef Macaroni
Mixed Vegetables
Green Beans
Wheat Bread
Dessert

July 10, 2019
Wednesday
Turkey Stew
Cauliflower & Broccoli
Carrots
Wheat Bread
Dessert

July 11, 2019
Thursday
BBQ Pork
Mashed Sweet Potatoes
Corn
Wheat Bread
Dessert

July 12, 2019
Friday
Ham & Cheese Wrap
Tropical Fruit
Three Bean Salad
Dessert

July 15, 2019
Monday
Beef Goulash
with Elbow Macaroni
Sliced Zucchini
Wheat Bread
Dessert

July 16, 2019
Tuesday
Vegetable Lasagna
Spinach
Mixed Vegetables
Wheat Bread
Dessert

July 17, 2019
Wednesday
Pork With Apple Onion Sauce
Cranberry & Lentil Rice
Mixed Vegetables
Wheat Bread
Dessert

July 18, 2019
Thursday
Mediterranean Style Chicken
Chick Pea Brown Rice Medley
Broccoli
Wheat Bread
Dessert

July 19, 2019
Friday
Sliced Turkey with Gravy
Mashed Potatoes
Peas & Carrots
Wheat Bread
Dessert

July 22, 2019
Monday
Chicken w/ Garlic Sauce
Roasted Potatoes
Carrots & Broccoli
Wheat Bread
Dessert

July 23, 2019
Tuesday
Baked Beans & Hot Dogs
Corn
Wheat Bread
Dessert

July 24, 2019
Wednesday
Turkey Tetrazzini
Vegetable Blend
Wheat Bread
Dessert

July 25, 2019
Thursday
Salisbury Steak
with Onion Gravy
Spinach Mashed Potatoes
Wheat Bread
Dessert

July 26, 2019
Friday
Shells & Cheese
Peas
California Veggie Blend
Wheat Bread
Dessert

July 29, 2019
Monday
Meatballs with Stout
and Mustard Thyme Sauce
Vegetable Blend
Wheat Bread
Dessert

July 30, 2019
Tuesday
Chicken Pot Pie
Broccoli Cuts
Wheat Bread
Dessert

July 31, 2019
Wednesday
Chicken & Scalloped Potatoes
Peppers, Onions, & Turkey Bacon
Vegetable Medley
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 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 S, 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.

Interpreter services available upon request.



Eastern Area Agency on Aging Community Cafés

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

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 Your business advertisement could be here!
 Call us at 207-941-2865 for more information!



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