

January 2020 Menu for Community Cafes, Meals on Wheels, & 3D Catering

Outside Bangor Area



January 1 2020
Wednesday
Sliced Ham & Pineapple
 Mashed Sweet Potato
 Corn
 Wheat Bread
 Dessert



January 2 2020
Thursday
Mild Beef Chili
 Red Beans & Rice
 Wheat Bread
 Dessert

January 3 2020
Friday
Pulled Turkey Breast
 & Herbed Gravy
 Mashed Potatoes
 Peas and Carrots
 Dessert

January 6 2020
Monday
Turkey Stew
 Cauliflower & Broccoli
 Carrots
 Wheat Bread
 Dessert

January 7 2020
Tuesday
Indian Style Chicken
Curried Rice
 Broccoli
 Mixed Vegetables
 Wheat Bread

January 8 2020
Wednesday
Garlic Pork
 Roasted Potatoes
 Mixed Vegetables
 Wheat Bread
 Dessert

January 9 2020
Thursday
Sweet and Sour Meatballs
 Sesame Vegetable Rice
 Green Beans
 Wheat Bread
 Dessert

January 10 2020
Friday
Cheese & Beef Macaroni
 Mixed Vegetables
 Green Beans
 Wheat Bread
 Dessert

January 13 2020
Monday
Beef Goulash
 with Elbow Macaroni
 Sliced Zucchini
 Wheat Bread
 Dessert

January 14 2020
Tuesday
Pork With Apple Onion Sauce
 Cranberry & Lentil Rice
 Mixed Vegetables
 Wheat Bread
 Dessert

January 15 2020
Wednesday
Garden Vegetable Lasagna
 Mixed Vegetables
 Wheat Bread
 Dessert

January 16 2020
Thursday
Shepherd's Pie
 Green Beans
 Vegetable Medley
 Wheat Bread

January 17 2020
Friday
Mediterranean Style Chicken
Chick Pea Brown Rice Medley
 Broccoli
 Wheat Bread

January 20 2020
Monday
Martin Luther King Jr. Day
Braised Pork w/ White Wine
 & Herb Sauce
 Mashed Potatoes
 Broccoli & Green Beans
 Wheat Bread, Dessert
Café Closed



January 21 2020
Tuesday
Turkey Tetrazzini
Vegetable Blend
 Wheat Bread
 Dessert

January 22 2020
Wednesday
Salisbury Steak
 with Onion Gravy
 Spinach Mashed Potatoes
 Wheat Bread

January 23 2020
Thursday
Shells & Cheese
 Peas
 California Veggie Blend
 Wheat Bread
 Dessert

January 24 2020
Friday
Chicken with Spinach
 Tomato & Parmesan Sauce
 Roasted Potatoes
 Broccoli
 Wheat Bread

January 27 2020
Monday
Mild Beef Chili
 Red Beans & Rice
 Wheat Bread
 Dessert

January 28 2020
Tuesday
Pulled Turkey Breast
& Herbed Gravy
 Mashed Potatoes
 Peas and Carrots
 Wheat Bread
 Dessert

January 29 2020
Wednesday
Honey Mustard Pork
 Brown Rice Pilaf
 Vegetable Blend
 Peas and Carrots
 Wheat Bread
 Dessert

January 30 2020
Thursday
Lemon Dill Tilapia
 Roasted Potatoes
 Peas
 Wheat Bread
 Dessert

January 31 2020
Friday
Chicken Paprikash
 Egg Noodles
 Broccoli
 Wheat Bread
 Dessert



Happy New Year from Eastern Area Agency on Aging!



All meals are served with reduced fat milk. Some foods may contain MSG. Menu is subject to availability of item.
 Cost is \$4.00 per meal for everyone under age 60.
 Seating at Community Café is by **Reservation Only. Please see chart for café number.**
 Suggested donation of \$4.00 for age 60 and older Community Café clients. Additional donations are greatly appreciated.



Eastern Area Agency on Aging Community Cafés

| Penobscot | | Piscataquis | Hancock | Washington |
|---|--|---|---|--|
| BANGOR --All Souls Congo Church 10 Broadway Mon, Wed & Fri --noon 404-5848 | DEXTER -- Dexter Knights of Columbus Hall 179 North Dexter Rd. Tues & Thurs-noon-924-3458 | 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 |
| BREWER -- Heritage Colonial Circle Ste 1 Wed & Fri- noon 404-5847 | MILLINOCKET -- Stearns Senior Center Monday thru Friday -- 11:30 723-2045 | 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 |
| HAMPDEN -- Kiwanis Civic Center 1245 Main St. Thurs 11:30 862-5668 | | | BROOKSVILLE -- Townhouse Coastal Rd Thurs noon 326-8864 | LUBEC -- Sunrise Apts. 5 Emery Circle Tues & Thurs -- 11:30 454-2215 |
| | | ELLSWORTH — Meadow View Apartments 25 Tweedie Lane Weds -- 11:30am 356-8949 | | MEDDYBEMPS — Community Center. 849 Main St, third Tuesday-- noon 454-2215 |
| | | ELLSWORTH — Friends in Action 5 General Moore Way Tues & Thurs. -- Noon 664-6016 | | |

Winter Word Scramble

inrtew _____
 ofwkslnae _____
 siatkgn _____
 zadbilirz _____
 taogbogn _____
 teanenribh _____



Winter, snowflake, skating, blizzard, toboggan, hibernation

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