

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

February 2020

Outside Bangor Area

February 3, 2020

Monday

Ham & Cheese Wrap
Tropical Fruit
 Three Bean Salad
 Wheat Bread
 Dessert

February 4, 2020

Tuesday

Cheese & Beef Macaroni
 Mixed Vegetables
 Green Beans
 Wheat Bread
 Dessert

February 5, 2020

Wednesday

Turkey Stew
 Cauliflower & Broccoli
 Carrots
 Wheat Bread
 Dessert

February 6, 2020

Thursday

Indian Style Chicken
 Curried Rice
 Broccoli
 Mixed Vegetables
 Wheat Bread
 Dessert

February 7, 2020

Friday

Garlic Pork
 Roasted Potatoes
 Mixed Vegetables
 Wheat Bread
 Dessert

February 10, 2020

Monday

Beef Goulash
 with Elbow Macaroni
 Sliced Zucchini
 Wheat Bread
 Dessert

February 11, 2020

Tuesday

Pork With Apple Onion Sauce
 Cranberry & Lentil Rice
 Mixed Vegetables
 Wheat Bread
 Dessert

February 12, 2020

Wednesday

Garden Vegetable Lasagna
 Mixed Vegetables
 Wheat Bread
 Dessert

February 13, 2020

Thursday

Meatballs with Marinara Sauce
 Penne Pasta
 Green Beans
 Wheat Bread
 Dessert

February 14, 2020

Friday

Mediterranean Style Chicken
Chick Pea Brown Rice Medley
 Broccoli
 Wheat Bread
 Dessert

February 17, 2020

Monday

Chicken with Spinach
 Tomato & Parmesan Sauce
 Roasted Potatoes
 Broccoli
 Wheat Bread
 Dessert

February 18, 2020

Tuesday

Baked Beans & Hot Dogs
Corn
 Wheat Bread
 Dessert

February 19, 2020

Wednesday

Turkey Tetrazzini
 Vegetable Blend
 Wheat Bread
 Dessert

February 20, 2020

Thursday

Salisbury Steak
 with Onion Gravy
 Spinach Mashed Potatoes
 Wheat Bread
 Dessert

February 21, 2020

Friday

Shells & Cheese
 Peas
 California Veggie Blend
 Wheat Bread
 Dessert

February 24, 2020

Monday

Chicken Paprikash
 Egg Noodles
 Broccoli
 Wheat Bread
 Dessert

February 25, 2020

Tuesday

Mild Beef Chili
Red Beans & Rice
 Wheat Bread
 Dessert

February 26, 2020

Wednesday

Pulled Turkey Breast
 & Herbed Gravy
 Mashed Potatoes
 Peas and Carrots
 Wheat Bread
 Dessert

February 27, 2020

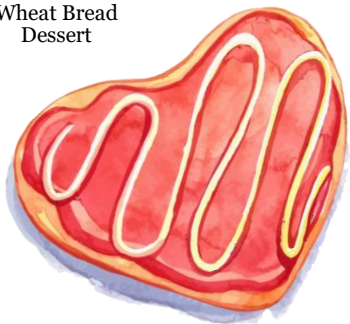
Thursday

Honey Mustard Pork
 Brown Rice Pilaf
 Vegetable Blend
 Wheat Bread
 Dessert

February 28, 2020

Friday

Meatballs with Stout
 and Mustard Thyme Sauce
 Vegetable Blend
 Wheat Bread
 Dessert



Happy Valentines from Eastern Area Agency on Aging!



**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	

What do squirrels give for Valentine's Day?

Forget-me-nots

What do farmers give their wives on Valentine's Day?

Hogs and kisses

What do you call a very small Valentine?

A Valen-tiny!



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