

All meals served with reduced fat milk and bread  
 Some food may contain MSG  
 Menu subject to availability of items. Suggested donation is 3.00 per meal, thank you.

**FOR DINING ROOM RESERVATIONS:**

**Malvern Belmont**, BH, Monday - Friday, Call Carla: 288-4770

**Rodick Lorraine**, BH, Resident Home delivered meals Monday—Friday, Call Carla: 288-4770.

**Harbor Hill**, BH, Tue & Thurs, Call Lee 288-9418

**Maple Lane**, NEH, Resident Home delivered meals Monday - Friday: Call Carla: 288-4770.

**Ridge Apts.**, SWH, Monday—Friday: Call Carla: 288-4770.

**FOR ISLAND WIDE HOME DELIVERED MEALS:**  
 Please call 288-4770 for more information OR to schedule an assessment.

*Healthy Life Café*  
 A nutrition program for healthy aging  
 288-4770  
**Carla Ganiel**  
*MDI Meals Site Coordinator*  
**Lynda Robertson**  
*Chef*  
**Kelly Corson**  
*Director of Healthy Life Café*  
**Menu Publisher**  
 Providing well balanced, hot noontime meals for older adults on Mount Desert Island.

## August Lunch Menu

Mon	Tue	Wed	Thu	Fri
				1 Seafood Casserole, rice, fresh carrots, pumpkin chocolate chip cookie  <i>Birthday Celebrations @ Malvern Belmont</i>
4 Roast Beef subs, baked chips, pasta salad, no bake cookie	5 Sliced turkey w/ gravy, mashed potato, squash, roll, cranberry sauce, apple pie	6 Lasagna, Tossed salad, bread stick, apple	7 Cheese Omelet, Sausage patty, orange juice, blueberry muffin, sliced melon	8 Baked beans, Turkey dogs, biscuit, cole slaw, blueberry crisp
11 Meatloaf, Mashed potato, turnip, roll, lemon pudding	12 Chicken Cordon Bleu, Boiled potato, roll, green beans, peaches	13 Sweet & sour chicken, rice, egg roll, pineapple cake	14 Veggie Calzones, Tossed salad, Banana cookie	15 Veal with country gravy, oven roasted potato, corn, custard
18 Corn chowder, Hot dog on a roll, mandarin oranges	19 Pot Roast w/ gravy, Mashed potato, Brussels sprouts, bread pudding	20 Cheese Quesdilla, Spanish rice, broccoli with ranch dip, strawberry shortcake	21 Spaghetti with meat sauce, german cucumber salad, roll, sliced pears	22 Breaded fish patties Baked potato, steamed summer squash, brownie
25 Tuna & macaroni salad, sliced tomatoes & cucumbers, roll, chocolate pudding	26 BOILED DINNER Ham, potato, cabbage, carrots, roll, pumpkin pie	27 Sloppy Joes, Potato puffs, green beans, applesauce	28 Macaroni & cheese, chicken tenders, sliced cucumbers in vinegar, fruit cup	29 Broccoli Quiche, Minestrone soup, Molasses cookie

**ACTIVITIES ON BACK...**