

Healthy Life Café

A nutrition program for healthy aging

288-4770

Lynda Robertson

Chef

Carla Ganiel

MDI Meals Site Coordinator

Kelly Corson

Director of Healthy Life Café

Menu Publisher

Providing well balanced, hot noontime meals for older adults on Mount Desert Island.

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, Friday, Call Carla: 288-4770

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

Maple Lane, NEH, Wednesday, Call Carla: 288-4770.

Ridge Apts, SWH, Monday, Tuesday, Thursday, Friday: Call Carla: 288-4770.

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



December 2008

Lunch Menu

Mon	Tue	Wed	Thu	Fri
1 Corn chowder, Chicken salad on wheat bread, sliced tomatoes w/ dressing, fruit cocktail	2 Tuna Noodle Casserole, Peas, & carrots, molasses cookie	3 Italian subs, 3 bean salad, pickle, blond brownie Birthday Celebrations @ Maple Lane	4 Chicken Parmesan, Spaghetti, tossed salad Banana cream pie Birthday Celebrations @ Ridge Apartments	5 Shepard's Pie, roll Brussel sprouts, butter- scotch pudding Birthday Celebrations @ Malvern Belmont
8 Turkey Club, potato wedges, cole slaw, sliced peaches	9 Pepper steak, oat topped sweet potato crisp, mixed vegetables, oatmeal raisin cookie	10 Chicken tenders, potato puffs, roll, carrots, yogurt parfaits with fruit chunks	11 Homemade Macaroni & Cheese, sliced ham, green beans, mandarin oranges	12 Salmon loaf, Sweet potato, cauliflower, Peach cobbler
15 Chicken pot pie, roll, Harvard beets, green jello salad with fruit chunks and cottage cheese	16 Pork chop w/ gravy, Mashed potato, roll, cream style corn, vanilla pudding	16 Pepperoni Pizza, Cut veggies & dip, oatmeal & chocolate chip bar	18 CHRISTMAS DINNER Pot Roast w/ gravy mashed potatoes, roll, Peas & onions, lemon meringue pie	19 Fish Chowder, biscuit, Caesar salad, gingerbread
22 Honey Baked Chicken Breast, Mashed potato, Mixed Vegetables, Fudge pudding cake	23 Cheeseburger Deluxe, shells with tomato & basil, lemon squares	24 Cheese omelet, sausage patty, apple juice cups, blueberry muffin, melon	25 Merry Christmas Holiday Closed	26 Cheese Ravioli with mari- nara sauce, Roll, winter orange salad, strawberry pear gelatin
29 Potato soup, Turkey sandwich with lettuce & tomato, Fresh banana	30 Herb Roasted Leg of Lamb, red potatoes, orange glazed carrots, strawberry shortcake	31 Hot dog on a roll, vegetable soup, broccoli, applesauce cake	ACTIVITIES ON BACK...	