

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.*



# July Lunch Menu



Mon	Tue	Wed	Thu	Fri
	1 Salisbury Steak w/ gravy, mashed sweet potato, corn, vanilla pudding	2 Calzones, tossed salad, oatmeal & chocolate chip bar	3 Baked chicken thigh, potato wedges, mixed vegetables, vanilla yogurt w/ fruit <i>Birthday Celebrations @ Ridge Apts.</i>	4  <b>Office Closed</b> <b>Holiday</b> <b>Happy 4th of July!</b>
7 Cream of broccoli soup, ham salad sand- wich, sliced pears	8 Hot turkey sandwich, Mashed potato, cran- berry sauce, carrots, sugar cookie	9 Chicken Parmesan, spaghetti, Caesar salad, fresh fruit cup	10 Kielbasa, Romaine noodles, broccoli, chocolate pudding	11 Salmon Loaf, baked potato, peas & onions, roll, strawberry shortcake <i>Birthday Celebrations @ Malvern Belmont</i>
14 Spinach Quiche, Tomato & cucumber salad, watermelon	15 Baked ham w/ fruit sauce, sweet potato, mixed vegetables, strawberry rhubarb pie	16 Roasted vegetable soup, turkey & cheese sandwich, blueberry cake	17 Macaroni & cheese, sliced ham, Green beans, strawberry fruit whip	18 Fish chowder, Broccoli salad, Biscuit, cookie
21 Sloppy Joe, Three bean salad, sliced peaches	22 Chicken Divan, Mashed potato, spinach casserole, grapenut custard	23 Chicken tenders, Steak fries, cole slaw, Peanut butter cookie	24 Baked Ziti, Tossed salad, roll, Fresh fruit cup	25 Cold Plate—Tuna salad, lettuce, tomato, roll, pasta salad, sweet breads
28 Chef salad, Biscuit, lemon pudding	29 Hamburger deluxe, Potato salad, mixed berry cobbler	30 Steamed hot dog on a roll, pasta salad, graham cracker pie	31 Pizza, Salad, peach gelatin w/ topping	