

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 Lee 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.

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.



September 2008 Lunch Menu

Mon	Tue	Wed	Thu	Fri
1 CLOSED LABOR DAY HOLIDAY	2 BBQ Pork on a bun, Steak fries, green beans, strawberry jello with topping	3 Homemade chicken noodle soup, ham & cheese sandwich with lettuce & tomato, Apple sauce	4 Pepperoni Pizza, Tossed salad, yogurt with blueberries <i>Birthday Celebrations @ Ridge Apts.</i>	5 Fish Chowder, carrot raisin salad, biscuit, strawberry pie <i>Birthday Celebrations @ Malvern Belmont</i>
8 Hot Turkey Sandwich, mashed potato, carrots, pumpkin bars	9 Roast pork with gravy, Baked potato, cream style corn, graham cracker pie	10 Italian Subs, Baked chips, cole slaw, chocolate chip cookie	11 Chicken pot pie, Sliced cucumbers with dip, slice peaches	12 Stuffed shells, Mixed vegetables, roll, apple turnovers
15 Broccoli & cheese Quiche, Caesar salad, pineapple chunks	16 BBQ chicken, Corn on the cob, calico slaw, corn bread, lemon pudding	17 Hot dog on a roll, pasta salad, 3 bean salad, fresh apple	18 Chicken Fettuccini Alfredo, Peas, bread stick, Sliced pears	19 Baked chicken breast, mashed potato, stuffing, Harvard beets, fruit cup
22 Spaghetti casserole, Green beans, roll, Date bar	23 Chicken Divan, Red roasted potatoes, zucchini, rice pudding	24 Mild Taco Salad, Corn bread, peach cobbler	25 Beef Stroganoff, carrots, Fruit cocktail	26 Boneless Pork Chop, sweet potato, asparagus, cheesecake bar
29 Chicken Ala King, Rice, peas & carrots, gingerbread	30 American Chop Suey, tossed salad, biscuit, blond brownies	ACTIVITIES ON BACK...		