

CONGREGATE DINING MENU

July 2026

Lunch is offered to the public 11 a.m. to 12:30 p.m.

Monday

Tuesday

Wednesday

Thursday

Friday

All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Salad, Coffee, Tea and Desserts.	<p>Breakfast Buffet Fridays 8 - 9:30 a.m. Cost: \$8 Scrambled Eggs, Bacon, Sausage, French Toast, Home Fries, Fruit Salad, Milk, Orange Juice</p>	<p>1 Chicken Tikka Masala Basmati Rice Chickpeas or Salad Bar Dinner Roll</p>	<p>2 Cheese Ravioli with Meat Sauce Steamed Broccoli or Salad Bar Garlic Bread</p>	<p>3  Closed in observance of Independence Day</p>
<p>6 Beef Patty with Mushroom Gravy Mashed Potato Green Beans Almond or Salad Bar Dinner Roll</p>	<p>7 Irish Banger or (2) Hot Dogs Baked Beans Nutmeg Beets or Salad Bar Hot dog Roll</p>	<p>8 Balsamic Glazed Chicken Tenderloin Jasmine Rice Carrots & Thyme or Salad Bar Dinner Roll</p>	<p>9 Deli Day! Tuna, Chicken, Ham Salad or Sliced Turkey Potato Salad 4 Bean Salad or Salad Bar Asst. Breads</p>	<p>Breakfast Buffet 10 Shrimp Scampi Linguini Asparagus or Salad Bar Garlic Bread</p>
<p>13 Southern Chicken with White Gravy Baked Beans Garlic Spinach or Salad Bar Corn Bread</p>	<p>14 Shells & Meat Sauce California Blend Vegetable or Salad Bar Garlic Bread</p>	<p>15 BBQ Ribs Mac & Cheese Seasonal Vegetables or Salad Bar Corn Bread</p>	<p>16 Chicken Stir-Fry Rice Tarragon Carrots or Salad Bar Dinner Roll</p>	<p>Breakfast Buffet 17 Seafood Chowder Oven Fries Roasted Vegetables or Salad Bar Biscuit</p>
<p>20 Spaghetti & Meatballs Zucchini & Tomatoes or Salad Bar Garlic Bread</p>	<p>21 </p>	<p>22 Beef Pot Roast Mashed Potato Green Beans & Garlic or Salad Bar Dinner Roll</p>	<p>23 Turkey with Cranberry Gravy Sweet Potato Island Vegetables or Salad Bar Dinner Roll</p>	<p>Breakfast Buffet 24 Baked Stuffed Haddock Baked Potato Peas & Carrots or Salad Bar Dinner Roll</p>
<p>27 Creamy Dill Chicken Orzo Carrot Coins or Salad Bar Dinner Roll</p>	<p>28 Swedish Meatballs Roasted Potatoes Steamed Broccoli or Salad Bar Dinner Roll</p>	<p>29 Chicken Cordon Bleu Rice Pilaf Steamed Peas or Salad Bar Dinner Roll</p>	<p>30 American Chop Suey Peppers, Pearl Onions & Mushrooms or Salad Bar Garlic Bread</p>	<p>Breakfast Buffet 31 Salmon Pie Scalloped Potatoes Spinach or Salad Bar Dinner Roll</p>

Congregate diners age 60 or older are not required to pay, contributions are by donation, are voluntary and can be confidential. Congregate diners under 60, a fee of \$7.50 is required (unless noted otherwise).

We are an equal opportunity provider.

Community and Connections

More information for all events can be found on the Muskie flyer table or within our newsletter.



Documentary Travel Series – Discover the World

Thursday, July 9 | 10–11 a.m. | Donations appreciated

Join us for the final session of this travel series! Explore stunning global destinations—from mountains to rainforests. Register at the Muskie Center or call (207) 873-4745.



Fraud, Scams, & Abuse for Older Adults Workshop

Wednesday, July 22 | 10–11:30 a.m. | Donations appreciated

Learn how to recognize and protect yourself from fraud, scams, and financial abuse targeting older adults. Join Hillary Barone, Financial Wellness Specialist with Anconum Credit Union, for a presentation on common scams in Maine, warning signs of exploitation, and steps to take if you become a victim. Includes a question-and-answer session. Register at the Muskie Center or call (207) 873-4745.



Managing Serious Illness

Thursday, July 23 | 10–11 a.m. | Donations appreciated

Join Nurse Educator Lissa Rockwood for a discussion on navigating serious illness and end-of-life care. Learn about care options that prioritize comfort and dignity, advance directives, healthcare proxies, and how to ensure your healthcare wishes are honored. Includes a question-and-answer session. Register at the Muskie Center or call (207) 873-4745.



SAVE THE DATE! Muskie Rummage Sale
September 25 | 9 a.m.-3 p.m.
NOW ACCEPTING DONATIONS!

Weekly Community Activities

All prices listed represent suggested donations and do not reflect a required fee

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Richard Simmons 9 - 10 a.m. \$2 Mahjong 12:30 - 3 p.m. \$2 Cornhole 1 - 4 p.m. \$3	Quilts & Crafts 9 - 11 a.m. \$2 Hand & Foot Noon - 2:30 p.m. \$2	Richard Simmons 9 - 10 a.m. \$2 French Social Hour 9:30 - 10:30 a.m. \$2 Cribbage Noon - 2:30 p.m. \$2 Chess Club 2 - 3:30 p.m. \$2	Line Dancing 9 - 10 a.m. \$3	Richard Simmons 9 - 10 a.m. \$2 Hand & Foot Noon - 2:30 p.m. \$2 Cornhole 1 - 4 p.m. \$3

Community Resources

Computer/Phone Classes \$7 July 28 10 a.m. - 1 p.m.	Family Caregiver Support July 15 1 - 2:30 p.m. Donations Welcome	Veteran Assistance July 2 8 a.m. - 2 p.m. CMP Power Hour July 16 9 a.m. - 1 p.m.	Medicare 101 July 24 1 - 3 p.m. Donations Welcome
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