



Muskie Community Center

DINING MENU

October 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Coffee, Tea and Desserts.</p>	<p><u>Breakfast Buffet</u> Served every Friday from 8 - 9:30 a.m. Cost: \$8 per person</p>	<p>1 Baked Chicken Parsley Potato Steamed Broccoli or Salad Bar Dinner Roll</p>	<p>2 Stuffed Pepper Casserole Rice Vegetable Medley or Salad Bar Dinner Roll</p>	<p>3 <u>Breakfast Buffet</u> Breaded Fish Fillet Au Gratin Potato Roasted Asparagus or Salad Bar Dinner Roll</p>
<p>6 American Chop Suey Buttery Spinach or Salad Bar Garlic Bread</p>	<p>7 Chicken Stir Fry Rice Vegetable Medley or Salad Bar Dinner Roll</p>	<p>8 Beef Stew Roasted Vegetables or Salad Bar Biscuit</p>	<p>9 Chicken Marsala Rice Pilaf Zucchini & Stewed Tomatoes or Salad Bar</p>	<p>10 <u>Breakfast Buffet</u> Lemon Butter Haddock Baked Potato Beets or Salad Bar Dinner Roll</p>
<p>13 Closed in Observance of Indigenous Peoples' Day</p>	<p>14 Kielbasa Baked Beans Coleslaw or Salad Bar Dinner Roll</p>	<p>15 Cheese Ravioli Spinach or Salad Bar Garlic Bread</p>	<p>16 Turkey with all the fixings Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll</p>	<p>17 <u>Breakfast Buffet</u> Teriyaki Salmon Roasted Potato Green Beans Almondine or Salad Dinner Roll</p>
<p>20 Swedish Meatballs Egg Noodles Peas & Carrots or Salad Bar Dinner Roll</p>	<p>21 Chicken Stew Steamed Broccoli or Salad Bar Biscuit</p>	<p>22 Shepherd's Pie Steamed Green Beans or Salad Bar Dinner Roll</p>	<p>23 Lasagna Vegetable Medley or Salad Bar Dinner Roll</p>	<p>24 <u>Breakfast Buffet</u> Baked Stuffed Haddock Baked Potato Zucchini & Onions or Salad Bar, Roll</p>
<p>27 Cheeseburger Oven Fries Mix Vegetable or Salad Bar Hamburger Roll</p>	<p>28 Spaghetti & Meatballs Carrots or Salad Bar Garlic Bread</p>	<p>29 Tuna Noodle Casserole Peas & Pearl Onions or Salad Bar Dinner Roll</p>	<p>30 BBQ Chicken Baked Beans Zucchini & Peppers or Salad Bar Corn Bread</p>	<p>31 <u>Breakfast Buffet</u> Slippery Salmon Pie Putrid Parsley Potato Slimy Spinach or Spooky Salad Bar Daring Dinner Roll</p>

Congregate Dining – 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.



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ACTIVITIES

October 2025

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment 8 a.m. - 3 p.m. 9 - 10 a.m. 12:30 - 2:30 p.m.	★ Notary Services ★ Pool Table ~ Sign up at Reception - Veterans Play Free Richard Simmons Mahjong- beginners are welcome!	Donations Accepted \$5 per hour \$2 per person \$2 per person
Tuesdays	By Appointment 8 a.m. - 3 p.m. 9 - 11 a.m. Noon - 2:30 p.m. 2:30 p.m. Oct 7, 10 - 11 a.m. Oct 28, 10 a.m. - 1 p.m. Oct 28, 9 a.m. - 2 p.m.	★ Notary Services ★ Pool Table ~ Sign up at Reception - Veterans Play Free Quilts & Crafts Hand & Foot ~ Canasta ~ Rummy Type Card Game Muskie Music Makers ★ Balancing Blood Sugar- Nutrition Class ★ Computer/Phone Classes ★ Foot Care Clinic	Donations Accepted \$5 per hour \$2 per person \$2 per person \$1 per person Donations Accepted \$7 Per Class \$55 per person
Wednesdays	By Appointment 9 - 10 a.m. 9:30 - 10:30 a.m. Noon - 2:30 p.m. 2 - 3:30 p.m. Oct 15, 1- 2:30 p.m.	★ Notary Services Richard Simmons Workout French Social Hour- Converse with others in French! Cribbage Waterville Chess Club- Beginners are welcome! ★ Family Caregiver Support	Donations Accepted \$2 per person \$2 per person \$2 per person \$2 per person Free
Thursdays	By Appointment 9 - 10:30 a.m. 1 - 3 p.m. 12:30-2:20 p.m. Oct 2, 8 a.m. - 2 p.m. Oct 16, 9 a.m. - 1 p.m. Oct 30, 11 a.m. -12 p.m.	★ Notary Services Line Dancing Scrabble Trivial Pursuit ★ Veterans Assistance- Veterans' Service Officer ★ Power Hour with CMP Representative ★ Protect Yourself From Identity Theft & Fraud	Donations Accepted \$3 per person \$2 per person \$2 per person Free Free Donations Accepted
Fridays	8:30 a.m. - 3 p.m. 9 - 10 a.m. 1 - 3 p.m. Oct 24, 1-2:30 p.m.	★ Pool Table- Sign up at reception- Veterans play Free! Richard Simmons Workout "63" Card Game- Beginners Welcome! ★ Medicare 101 Clinic @ Muskie	\$5 per hour \$2 per person \$2 per person Donations Accepted

Rummage Sale at Muskie October 9, from 9 a.m. - 3 p.m.

We are currently accepting donations for any lightly used items for the Rummage Sale until October 8. We will gladly accept household items, games, books, puzzles, decorations, jewelry, tools, art, etc..

For more information or to donate items, please visit the Muskie Community Center reception desk or call (207) 873-4745.

