



# October 2018

**Hours of Operation:**  
**Mon through Fri:** 5:30 am – 6:00 pm  
**Sat:** 6:00 am – 5:00 pm  
**Sun:** CLOSED

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday





Saturday

Frank's wishes you and your family  
 A safe and fun  
 Halloween Day!



*Every day we offer something new in our Deli Case! Call us in the A.M. and we can have your lunch hot and ready to go!*



1 Pea Soup	2 German Potato Salad	3 Crispy Honey Sesame Chicken	4 Apple Filled Spice Cupcakes	5 Shrimp Broccoli Lo Mein	6 
8 Corn Chowder 	9 Tuscan Pasta Salad	10 Eggplant Parmesan	11 Glazed Maple Leaf	12 Seafood Medley	13 Stop in & purchase a spooky cookie
15 Chicken Stew	16 Tabouli	17 Beef Stroganoff	18 Pumpkin TV Bar with Ceram Cheese & Carmel	19 Scallop Scampi	20 
22 French Onion Soup	23 Greek Tortellini Pasta Salad	24 Spaghetti Pie	25 Jack-O-Lantern Cookies	26 Salmon Loaf Dinner	27 Call and place An order for your game day treats.
28 Stop by on the 31 <sup>st</sup> from 2 – 4 & see what we're up to for Halloween.	29 Beef Stew	30 Pesto Chicken Pasta Salad	31 Stuffed Peppers  Happy Halloween	Bangor's Best Breakfast Sandwiches <b>SERVED ALL DAY</b>	



**EVERY WEEK:**

Available on these days or by special order on other days  
Larger quantities available – Please ask for a price list!

**MONDAY**

- Meatloaf
  - Dinner..... 8.95
  - Small Pan (serves 2-3)..... 8.49
  - Medium Pan (serves 5-6).....15.95
- White or Anadama Breads

**TUESDAY**

- Chicken Enchiladas..... 8.49
- Quiche 8”pie.....10.95
  - By the slice..... 3.95
- Quiche Crabmeat.....15.95
  - By the slice..... 4.95
- White, French & Shredded Wheat Breads

**WEDNESDAY**

- Turkey Pie by the slice..... 4.95
  - 8” inch pie..... 9.95
  - Dinner..... 8.95
- All White Meat Chicken 8 inch Pie.....11.95
- Fruit Cup Special.....3.75
- White & Oatmeal Breads & Oatmeal Rolls

**THURSDAY**

- Lasagna single serving..... 6.95
- Medium Pan (serves 3-5)..... 17.95
- Spaghetti & Meatball Specials.....Ask us!
- Spaghetti Dinner – Spaghetti w/Sauce, 2 Meatballs,  
Garden Salad, Roll & butter.....7.95
- Thursday Only Baked Meatball Sub.....7.49
- Garlic Sticks, Multi Grain, Lt Rye, White, Italian Breads

**FRIDAY**

- Crabmeat Roll.....10.95
- Baked Beans (pint)..... 3.95
- Chicken Enchiladas..... 8.49
- White & Wheat Breads & Wheat Rolls



Gluten Free, Sugar Free  
& Spelt Products  
Available!

**WE DELIVER!**

**Salads**

- Potato, Pasta or Cole Slaw.....1/2 Pint.....2.95
- Potato, Pasta or Cole Slaw.....Pint.....4.95
- Hummus.....1/2 Pint.....4.95
- Fresh Fruit Cup, 4oz..... 2.49
- Fresh Fruit Cup, 8oz..... 3.95
- Garden Salad Individual Serving..... 4.95
- Greek, Chef, Chicken Caesar Salads Individual Serving..... 5.95
- Homemade Dressing: Light Caesar, French, Ranch, Oil & Vinegar
- Add on:**
- Extra Dressing......55

**Sandwiches**

- Meatloaf M/Tu/W.....4.95
- Ham, Egg, Tuna, or Turkey Salad.....4.95
- Sliced Turkey Breast.....4.95
- Sliced Ham.....4.95
- Sliced Roast Beef.....4.95
- BLT.....4.95

*All sandwiches above can also be made as wraps..... 7.49*

- Club (Ham, Turkey, Bacon & Cheese)..... 6.95
- Salami & Ham Fireball.....4.49
- Baked Meatball Sub (Thursdays only)..... 7.49
- Hot Pastrami.....5.49
- Grilled Cheese.....3.49
  - With Tuna.....+1.75
  - With Tomato & Sprouts.....+0.75
  - With Ham.....+1.75
- Baked Bean (Friday & Saturday only)..... 3.95
- Peanut Butter & Jelly.....3.49
- Veggie Wrap..... 7.49
- Veggie w/Avocado.....4.95
- Veggie w/ Hummus..... 4.95
- We have boxed lunches featuring these great home styles  
Sandwiches, fresh fruit, chips and a cookie!*
- Breakfast Sandwiches: **Served all day long!**
- Egg & Cheese on Bulkie, English Muffin or Biscuit.....2.95
- Add Bacon, Ham, Sausage & Veggies.....+1.75

*Add on to sandwiches:* Lettuce, Pickle, Cucumber, Carrot,  
Green Pepper, Black Olives or Onion.....No Charge

*Add on to any salad or sandwich:*

- Avocado, Sliced Meat, Salad Filling, Garlic Hummus, Bacon or Sausage..... Each 1.75
- On Bagel, Spelt Bread, Focaccia, Gluten Free Bread or Roll. 1.49
- On Croissant..... 1.95

*Prices as of 9/18 and subject to change without notice  
Phone: 947-4594, Fax 947-0228, e-mail info@franksbakery.com*

