

Frank's wishes everyone a Happy 4th of July









Where Good Means the Best

HOURS
MON-FRI
 5:30 am - 6:00 pm
SATURDAY
 6:00 am - 5:00 pm
SUNDAY: CLOSED

ADDRESS: 199 State Street Bangor, Me 04401
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July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Cream of Broccoli Soup	3 Peach Feta Pecan Salad	4 CLOSED Happy 4 th of July!	5 Chocolate Strawberry Dipped Cupcakes	6 Shrimp Scampi	7 Best Breakfast Sandwiches in Bangor Served All Day Every Day!
 Don't forget to stop by Chapin Park on July 24TH for the Annual Neighborhood Block Party! The Bangor Band will be playing. There will be Homemade Ice Cream, Face Painting and more. See you there!	9 Corn Chowder w/ Chicken	10 Cowboy Pasta Salad	11 BBQ Chicken Dinner	12 Fireworks Cookies	13 Salmon Loaf Dinner	14 <i>Take a minute to enjoy the summer!</i>
	16 French Onion Soup	17 Greek Chickpea Salad	18 Steak Tips with Pepper and Onions	19 Summertime Chocolate Chip Cookies	20 Haddock Scampi	21 Serving Frank's Homemade Ice Cream
	23 Strawberry Soup	24 Tuna Macaroni Pea Salad <i>24th Annual Block Party</i>	25 Butter Chicken Dinner	26 Lemon Cake Pops	27 Shrimp Scallop Bisque	28 Also Available in our Retail Store Pugnuts Gelato Made in Surry, ME
	30 Tortellini Spinach Soup	31 Broccoli Slaw				





Where Good Means the Best

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
Available



Salads

Pasta, Cole Slaw or Potato Salad.....1/2 Pint.....	2.95
Pasta, Cole Slaw or Potato Salad.....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
<i>Homemade Dressing: Light Caesar, French, Ranch, Oil & Vinegar</i>	
<i>Add on:</i>	
<i>Extra Dressing.....</i>	<i>..55</i>

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
<i>All sandwiches above can also be made as wraps..... 7.49</i>	
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 & Veggie.....	+1.75

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

Add on to any salad or sandwich:

<i>Avocado, Sliced Meat, Salad Filling, Garlic Hummus, Bacon or Sausage.....Each</i>	<i>1.75</i>
<i>On Bagel or Spelt Bread.....</i>	<i>.75</i>
<i>On Focaccia or Gluten Free Bread.....</i>	<i>1.00</i>
<i>On Croissant or Gluten Free Bulkie Roll.....</i>	<i>1.25</i>

Prices as of 6/18 and subject to change without notice

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