



October 2017

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!



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|--|---------------------------------|-------------------------------|------------------------------|---------------------------|---|
| 2 Chicken Stew | 3 Apple & Brown Rice Salad | 4 Beef Stroganoff | 5 Apple Filled Spice Cake | 6 Scallop Scampi | 7  |
| 9 Corn Chowder  | 10 Turkey & Artichoke Panini | 11 Pesto Cheese Tortellini | 12 Ghost Cookies | 13 Salmon Loaf Dinners | 14 Stop in & purchase a spooky cookie |
| 16 Minestrone Soup | 17 German Potato Salad | 18 Chicken Parmesan | 19 Graveyard Dirt Cups | 20 Haddock Au-Gratin | 21  |
| 23 Spinach Crab Bisque | 24 Autumn Salad | 25 Chili w/Corn Bread | 26 Glazed Jack O'Lanterns | 27 Shrimp Fried Rice | 28 Call and place An order for your game day treats. |

29 Stop by on the 31st from 2 – 4 & see what we're up to for Halloween.

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| 30 Beef Stew | 31 Puree of Pumpkin Soup  Happy Halloween |
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Don't hesitate to call early to place your Thanksgiving order!



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..... 7.25
 - Small Pan (serves 2-3)..... 8.35
 - Medium Pan (serves 5-6)..... 15.75
- White or Anadama Breads

TUESDAY

- Chicken Enchiladas..... 8.25
- Quiche 8”pie.....10.50
 - By the slice..... 3.95
- Quiche Crabmeat..... 15.75
 - By the slice..... 4.75
- White, French & Shredded Wheat Breads

WEDNESDAY

- Turkey Pie by the slice..... 4.50
 - 8” inch pie..... 9.75
 - Dinner..... 8.95
- All White Meat Chicken 8 inch Pie.....11.50
- Fruit Cup Special.....3.75
- White & Oatmeal Breads & Oatmeal Rolls

THURSDAY

- Lasagna single serving..... 6.25
- Medium Pan (serves 3-5).....17.95
- Spaghetti & Meatball Specials.....Ask us!
- Spaghetti Dinner – Spaghetti w/Sauce, 2 Meatballs,
Garden Salad, Roll & butter..... 7.50
- Thursday Only Baked Meatball Sub.....7.25
- Garlic Sticks, Multi Grain, Lt Rye, White, Italian Breads

FRIDAY

- Crabmeat Roll.....10.95
- Baked Beans (pint).....3.75
- Chicken Enchiladas.....8.25
- White & Wheat Breads & Wheat Rolls



Gluten Free, Sugar Free
& Spelt Products
Available!

Salads

- Pasta or Cole Slaw...1/2 Pint.....2.50.....Pint.....4.50
- Potato Salad.....1/2 Pint.....2.95.....Pint.....4.95
- Hummus.....1/2 Pint.....4.50
- Fresh Fruit Cup, 4oz.....2.25
- Fresh Fruit Cup, 8oz.....3.95
- Garden Salad Individual Serving.....4.50
- Greek, Chef, Chicken Caesar Salads Individual Serving.....5.75
- Homemade Dressing: Light Caesar, French, Ranch, Oil & Vinegar
- Add on:**
- Extra Dressing......55

Sandwiches

- Meatloaf M/Tu/W.....4.75
- Ham, Egg, Tuna, or Turkey Salad.....4.50
- Sliced Turkey Breast.....4.50
- Sliced Ham.....4.50
- Sliced Roast Beef.....4.50
- BLT.....4.75
- All sandwiches above can also be made as wraps..... 7.25*
- Club (Ham, Turkey, Bacon & Cheese).....6.75
- Salami & Ham Fireball.....4.25
- Baked Meatball Sub (Thursdays only).....7.25
- Hot Pastrami.....5.25
- Grilled Cheese.....3.25
 - With Tuna.....5.00
 - With Tomato & Sprouts.....4.00
 - With Ham.....5.00
- Baked Bean (Friday & Saturday only).....3.75
- Peanut Butter & Jelly.....3.25
- Veggie Wrap.....7.25
- Veggie w/Avocado.....4.50
- Veggie w/ Hummus.....4.50
- 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.....2.65
- Add Bacon, Ham, Sausage & Veggies.....3.90

- 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 or Spelt Bread......75*
- On Focaccia or Gluten Free Bread..... 1.00*
- On Croissant or Gluten Free Bulkie Roll..... 1.25*

Prices as of 7/17 and subject to change without notice
Phone: 947-4594, Fax 947-0228, e-mail info@franksbakery.com

WE DELIVER!

