












THE  
FRANK'S  
FAMILY  
WISHES  
YOU A  
HAPPY  
NEW  
YEAR!



**HOURS**  
MONDAY-FRIDAY  
5:30 am to 6:00 pm  
SATURDAY  
6:00 am to 5:00 pm  
SUNDAY: CLOSED

**ADDRESS:** 199 State Street Bangor, Me 04401  
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# January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy New Years	1 Closed 	2 Waldorf Salad	3 Beef Stroganoff	4 Torted Chocolate Mocha Fudge Cake	5 Salmon Loaf Dinners	6 Stop by for a Hot Breakfast!
7 Monday Is Soup 	8 Corn Chowder	9 Oriental Brown Rice Salad	10 Chicken Alfredo	11 Champagne Cupcakes	12 Crab Cake Dinners 	13 Come over and see our Beautiful Decorated Cookies
<p><i>Every day we offer something new in our Deli Case! Call us in the A.M. and we can have your Lunch Hot &amp; ready to go!</i></p> 	15 Chicken Stew 	16 Pesto Chicken Pasta Salad	17 Stuffed Peppers 	18 Snowflake Dipped Cookies	19 Scallop Scampi 	20 
	22 Italian Vegetable Soup	23 Turkey Almond Grape Salad	Caramelized Apple Pork Chops 	25 Football Cakes	26 Haddock Au Gratin 	27 Don't Forget your Super Bowl Treats
	29 Beef Stew	30 Crunchy Broccoli Slaw	31 Chicken Chili			

## 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	

## Salads

Pasta Salad or Cole Slaw..1/2 Pint..2.25..Pint..	4.50
Potato Salad.....1/2 Pint..2.95..Pint.....	4.95
Hummus.....	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.....	5.75
<i>Homemade Dressing: Light Caesar, French, Ranch Oil &amp; Vinegar</i>	
<b>Add on:</b>	
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
<b>All sandwiches above can also be made as wraps.....7.25</b>	
Club (Ham, Turkey, Bacon & Cheese).....	6.75
Salami & Ham Fireball.....	4.25
Baked Meatball Sub (Thursday 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
<i>We have boxed lunches featuring these great home styles</i>	
<i>Sandwiches, fresh fruit, chips and a cookie!</i>	
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*

