

Happy Mother's
Day
&
Congratulations
to all the
College
Graduates



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

ADDRESS: 199 State Street Bangor, Me 04401
PHONE: (207) 947-4594 **FAX:** 947-0228
EMAIL: Info@franksbakery.com

MAY 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Come try our breakfast sandwiches Available all day!	1 Broccoli Chicken Cheddar Soup	2 Apple Brown Rice Salad	3 Eggplant Parmesan	4 Order your Cake for Mother's Day	5 Seafood Medley	6 Don't forget to grab something special for Mom!
7 Happy Mother's Day	8 French Onion Soup	9 Cranberrys Walnut Turkey Salad Sandwich	10 Asparagus Cashew Rice Pilaf	11 Flower Cookies	12 Salmon Loaf Dinner	13 Congratulations to all of the College Grads!
14 We Delivery	15 Chicken Noodle Soup	16 Sweet Pineapple Chicken Salad	17 Stuffed Peppers	18 T.V Bars	19 Baked Haddock Dinner	<p><i>Every day we offer something new at the bakery. Call us and we can help plan your party menu, satisfy your sweet tooth or figure out what to have for supper!</i></p>
21 It's Wedding season. Come into Franks and fulfill all of your cake needs.	22 Gazpacho Soup	23 Tomato Cucumber Red Onion Mint Salad	24 Chicken Parmesan	25 Smiley Face Cookies	26 Frank's 1 st BBQ Of the Season	
28 Don't forget Franks for all your Memorial Day picnic needs!	29 Closed	30 Chicken Avocado Burger	31 Tuna Casserole			

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.....	6.95
Small Pan (serves 2-3).....	7.95
Medium Pan (serves 5-6).....	14.95
White or Anadama Breads	

TUESDAY

Chicken Enchiladas.....	7.95
Quiche 8" pie.....	9.95
By the slice.....	3.95
Quiche Crabmeat.....	14.95
By the slice.....	4.50
White, French & Shredded Wheat Breads	

WEDNESDAY

Turkey Pie by the slice.....	3.95
8" inch pie.....	9.25
Dinner.....	7.95
All White Meat Chicken 8 inch Pie.....	10.95
Fruit Cup Special.....	3.50
White & Oatmeal Breads & Oatmeal Rolls	

THURSDAY

Lasagna single serving.....	5.95
Medium Pan (serves 3-5).....	17.95
Spaghetti & Meatball Specials.....	Ask us!
Spaghetti Dinner – Spaghetti w/Sauce, 2 Meatballs, Garden Salad, Roll & butter.....	7.25
Thursday Only Baked Meatball Sub.....	6.95
Garlic Sticks, Multi Grain, Lt Rye, White, Italian Breads	

FRIDAY

Crabmeat Roll.....	10.50
Baked Beans (pint).....	3.55
Chicken Enchiladas.....	7.95
White & Wheat Breads & Wheat Rolls	

Gluten Free, Sugar Free
& Spelt Products Available!



Salads

Pasta or Potato Salad or Cole Slaw... 1/2 Pint.....	2.25
Pasta or Potato Salad or Coleslaw... Pint.....	4.25
Hummus..... 1/2 Pint.....	4.00
Fresh Fruit Cup, 4oz.....	2.95
Fresh Fruit Cup, 8oz.....	3.75
Garden Salad Individual Serving.....	4.25
Greek, Chef, Chicken Caesar Salads Individual Serving.....	5.50
Homemade Dressing: Light Caesar, French, Ranch, Oil & Vinegar	
Add on:	
Extra Dressing.....	.50

Sandwiches

Meatloaf M/Tu/W.....	4.50
Ham, Egg, Tuna, or Turkey Salad.....	4.50
Sliced Turkey Breast.....	4.50
Sliced Ham.....	4.50
Sliced Roast Beef.....	4.50
BLT.....	4.50
<i>All sandwiches above can also be made as wraps..... 7.00</i>	
Club (Ham, Turkey, Bacon & Cheese).....	6.25
Salami & Ham Fireball.....	4.00
Baked Meatball Sub (Thursdays only).....	6.95
Hot Pastrami.....	4.95
Grilled Cheese.....	3.00
With Tuna.....	4.50
With Tomato & Sprouts.....	3.50
With Ham.....	4.50
Baked Bean (Friday & Saturday only).....	3.50
Peanut Butter & Jelly.....	3.00
Veggie Wrap.....	7.00
Veggie w/Avocado.....	4.50
Veggie w/ Hummus.....	4.50
<i>We have boxed lunches featuring these great home styles Sandwiches, fresh fruit, chips and a cookie!</i>	
Breakfast Sandwiches: Served all day long!	
Egg & Cheese on Bulkie, English Muffin or Biscuit... ..	2.50
Add Bacon, Ham, Sausage & Veggies.....	3.50

Add on to sandwiches: Lettuce, Pickle, Cucumber, Tomato, Sprouts
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 1.50
On Bagel or Spelt Bread.....	.50
On Focaccia or Gluten Free Bread.....	.75
On Croissant or Gluten Free Bulkie Roll.....	1.00

Prices as of 5/15 and subject to change without notice

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