



SINCE 1945
BAKE SHOP &
CUSTOM CATERING

Where Good Means the Best



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Let us Help you With Your Company Party	Stop in & See our Gorgeous Decorated Cookies	OPEN SUNDAY'S 7:00 am – 1:00 pm Until Christmas	Open M-F 5:30 am to 6:00 pm Saturday 6:00 am to 5:00 pm	1 Haddock Au Gratin	2
Holiday Cookie Baskets Make a Great Gift! 	4 Chicken Noodle Soup	5 Autumn Salad	6 Beef Stroganoff	7 TV Bars	8 Salmon Loaf Dinner	9 Call in your Gluten Free Christmas Orders Early!
	11 Beef Barley Soup	12 Harvest Vegetable Orzo Salad	13 Stuffed Peppers	14 Tea Cookies by the Pound	15 Scallop Zucchini Pasta	<i>The Frank's Family wishes you a Happy Holiday.</i>
Don't forget your party Trays for Christmas	18 Italian Vegetable Soup	19 Black Bean & Couscous Salad	20 Scallop Potatoes with Ham	21 Santa Face Cookies	22 Holiday Ham & Turkey Dinners	
24 Christmas Eve Open 6:00 am to 3:00 pm	25 CLOSED	26 CLOSED	27 Chicken Parmesan	28 Order New Year's Eve Sweets	29 Baked Stuffed Haddock	30

December 2017



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

Salads

Pasta Salad 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
<i>All sandwiches above can also be made as wraps..... 7.25</i>	
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
<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.....	2.65
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

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