










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
PHONE: (207) 947-4594 **FAX:** 947-0228
EMAIL: info@franksbakery.com

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy New Years	Closed 	1 Closed	2	3	4	5 Stop by for a Hot Breakfast!
6 Monday Is Soup 	7 Beef Barley Soup	8 Oriental Brown Rice Salad	9 Chicken Alfredo	10 Luck of the Irish Cupcakes	11 Salmon Loaf Dinners	12 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 & ready to go!</i></p> 	14 Chicken Stew 	15 Pesto Chicken Pasta Salad	16 Stuffed Peppers 	17 Snowflake Dipped Cookies	18  Scallop Scampi	19 
	21 Italian Vegetable Soup	22 Open Face Franksgiving Sandwich 	23 Beef Stroganoff	24 TV Bars	25 Haddock Au Gratin	26 Don't Forget your SuperBowl Treats
	28 Beef Stew	29 Crunchy Broccoli Slaw	30 Chili & Corn Bread	31 Football Cakes		

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).....	15.75
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.....	3.95
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	

Salads

Potato Salad, Pasta Salad or Cole Slaw..1/2 Pint..	2.95
Potato Salad, Pasta Salad or Cole Slaw.....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.....	5.95
<i>Homemade Dressing: Light Caesar, French, Ranch Oil & Vinegar</i>	
Add on:	
Extra Dressing.....	.55

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
All sandwiches above can also be made as wraps.....	7.49
Club (Ham, Turkey, Bacon & Cheese).....	6.95
Salami & Ham Fireball.....	4.49
Baked Meatball Sub (Thursday 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
<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....	2.95
Add Bacon, Ham, Sausage & Veggies.....	+1.75

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

Bagel, Spelt Bread, Focaccia or Gluten Free Bread or Roll.....+1.49
On Croissant.....+1.95

Prices as of 1/19 and subject to change without notice
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