

Present your meal ticket from the Southern Maine Agency on Aging at the following Maine Medical Center “As You Like It” locations:

**Brighton Cafeteria**

MMC Brighton Campus  
335 Brighton Avenue  
Portland

*Open:*

Breakfast: 6:30 - 10:00 am

Lunch: 11:00 am - 1:30 pm

Dinner: 4:00 - 6:00 pm

**Impressions Café**

Maine Medical Center  
22 Bramhall Street  
Portland

*Open:*

Breakfast: 6:30 - 9:30 am

Lunch: 10:30 am - 1:30 pm

Dinner: 3:30 - 7:00 pm

**Café at the Atrium**

MMC Scarborough  
100 U.S. Route One  
Scarborough

*Open:* 7:00 am – 2:00 pm

**Café 84**

MMC Scarborough  
84 Campus Drive  
Scarborough

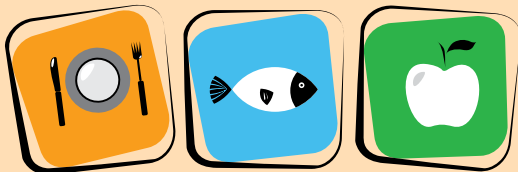
*Open:* 6:30 am - 2:30 pm

**Pavilion Grill**


Maine Medical Center  
22 Bramhall Street  
Portland

*Open:* 7:30 am - 4:00 pm

“As You Like It” menus are approved by a Maine-licensed, registered dietitian. Meals available with meal tickets are intended to meet one-third of the Dietary Reference Intake (DRI) as published by the Institute of Medicine.



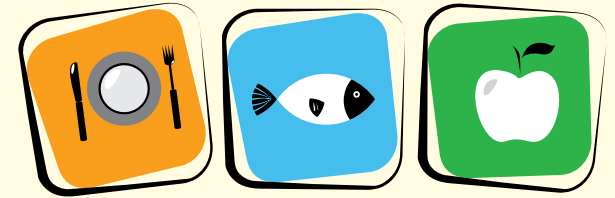
136 U.S. Route One  
Scarborough, ME 04076



SOUTHERN MAINE  
Agency on Aging

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
Portland, ME  
Permit #304

**Breakfast, Lunch & Dinner**



As You *Like* It

*Are you 60 or older?*

Go out to eat and let the chefs at Maine Medical Center do the cooking!

Five meal tickets are available for a suggested donation of \$20.

Single tickets, for a donation of \$4 each.

A program of the Southern Maine Agency on Aging offering healthy food choices at several Maine Medical Center Cafés.



SOUTHERN MAINE  
Agency on Aging



Maine Medical Center  
MaineHealth

*centered around you*

## Where can I get tickets?

- Stop by the Southern Maine Agency on Aging 136 US Route One, Scarborough between 8:00 AM and 2:00 PM, Monday through Friday, and ask for Fran.
- Visit [www.smaaa.org](http://www.smaaa.org) for more locations.
- Call Fran at 396-6583 to find the location most convenient for you!
- Outside Greater Portland, call 1-800-400-MEAL (6325).

## Register just once!

If you are age 60 or older or an adult on disability, get your “As You Like It” member card so you can trade donations for tickets at any Southern Maine Agency on Aging location.

“As You Like It” is made possible by your donations and federal grants. Donations of \$4 per ticket are very important to the continuation of this program.

Together we can make this work!

**Thank you for your support!**

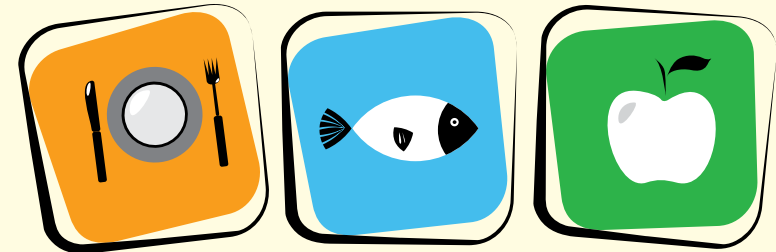
## The Choice is Yours

Help yourself to a variety of meals from traditional comfort food like roast turkey with all the fixings or Maine seafood, to stir fry entrees and a chicken Caesar wrap.

Most days, choose from an entrée or a soup and salad combination.

Menus change daily and feature healthy, tasty choices.

Your donations will keep Breakfast, Lunch & Dinner “As You Like It” available as an option for everyone. Thank you for your support!



# As You Like It

## Sample Menu Selections\*

Choice of Soup  
Turkey Ranch Wrap  
Veggie Chips

Meatloaf & Gravy  
Mashed Potato  
Choice of Vegetable

Shepherd's Pie  
Choice of Vegetable  
Roll w/ margarine

Beef Stew  
Biscuit  
Small Salad

- \*All meals include:
- Choice of Dessert
  - Low Fat Milk
  - Fountain Soda or Coffee

**Enjoy!**