

**HOURS**  
**MON - FRI**  
 5:30 am - 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




**MARCH 2018**



**Happy**   
**St. Patrick's Day**

**Day**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Stay Warm! Every Monday is Soup Day				1 Shamrock TV Bars	2 Haddock Au Gratin	Stop by on St. Patty's for your Green Cream Horns	
Order your Half Time Treats for March Madness	5 Chicken Cheddar Broccoli Soup	6 Spicy Sweet Potato & Kale Salad	7 Chicken Parmesan	8 Cake Pops	9 Scallop Zucchini w/ Pasta	We have homemade Gluten Free Bread, Rolls, Pizza Shells Cookies	
11 Mint Chocolate Chip Scones Turn Clocks Ahead 1 Hour	12 Potato Leek Soup	13 Emerald Salad	14 New England Boiled Dinner	15 Dipped Shamrock Cookies	16 Maple Glazed Salmon Dinner		
Every day we offer something new in our Deli Case! Call us in the A.M. and we can have	18	19 Corn Chowder	20  Caprese Pesto Pasta Salad	21 Beef Stroganoff	22 Strawberry Cupcakes w/ Real Butter Cream Icing	23 Scallop Scampi	Brownies & so much more
		26 French Onion Soup	27 Crunchy Broccoli Slaw	28 Holiday Ham Dinners	29 Bunny Cakes	30 Haddock Florentine Dinner	
						31 Best Breakfast Sandwiches in Bangor	

## 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  
Available!

## WE DELIVER!

## 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.....1/2 Pint.....	4.25
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
<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
<i>All sandwiches above can also be made as wraps.....</i>	
Club (Ham, Turkey, Bacon & Cheese).....	6.75
Salami or 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

### Box Lunch – Includes –

Sandwich, Piece of Fruit, Chips & a Cookie ..... 8.25

### 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, 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 2/18 and subject to change without notice

Phone: 947-4594, Fax 947-0228, e-mail [info@franksbakery.com](mailto:info@franksbakery.com)



Where Good Means the Best