








January 2018-MOWs

Meals on Wheels menu for Androscoggin,
Franklin and Oxford counties

THIS MENU IS SUBJECT TO CHANGE
Low fat milk is included with each meal
A loaf of Bread is delivered Monthly to
each Meals on Wheel consumer

Monday	Tuesday	Wednesday	Thursday
Holiday 1  No Meals Served or Delivered	Chicken Stew 2 Carrot Raisin Salad, Fresh Fruit, Biscuits Low Sodium Crackers	Lemon Garlic Baked Fish 3 Au Gratin Potato, Green Peas, Spiced Peaches	Turkey Tetrazzini 4 Egg Noodles, Green Beans, Pineapple Cup
Chicken & Broccoli Casserole 8 Rice, Sliced Beets, Fruit Cocktail	Braised Beef 9 Mashed Potatoes, Corn Spiced Pears	Cheese Omelet 10 Home Fried Potatoes, Stewed Tomatoes, Mandarin Oranges	Glazed Pork 11 Lyonnaise Potato, Brussel Sprouts, Spiced Apples
Martin Luthor King 15 Holiday No Meals Served or Delivered 	Turkey Chow Mein 16 Rice, Oriental Vegetables, Peach Cups	Chicken Supreme 17 Oven Roasted Potato, Stuffing, Green Peas, Spiced Pears	Shepherd's Pie 18 Glazed Carrots, Grapes
Stuffed Shells w/ Meat Sauce 22 Italian Vegetables, Applesauce	BBQ Pork 23 Oven Roasted Potato, Squash, Mandarin Oranges	Chili 24 Broccoli Slaw, Fruit Cocktail, Low Sodium Crackers	Teriyaki Chicken 25 Rice, Oriental Vegetables, Spiced Pineapple 
Egg & Cheese Bake 29 Potato Puffs, Stewed Tomatoes, Spiced Peaches 	Beef Stew w/ Vegetables 30 Pickled Beets, Pears, Low Sodium Crackers	Turkey Franks 31 Macaroni & Cheese, Green Peas, Fresh Fruit	

LunchPlus Cafés

AUBURN

Heritage Court

Thursdays – 11:30 a.m.

Reservations – 1-800-427-1241

The Auburn Townhouse

Wednesdays – 11:30 a.m.

Reservations – 1-800-427-1241

BUCKFIELD

Nezinscot Village

Wednesdays – 11:15 a.m.

Reservations 1-800-427-1241

FARMINGTON

Farmington Community Center

Mondays- 11:45a.m.

Reservations 1-800-427-1241

LEWISTON

Meadowview

Tuesdays & Thursdays – 11:30 a.m.

Reservations – 1-800-427-1241

Neighbors Across the Table

Mondays- 1:00 p.m.

Reservations 1-800-427-1241

Trinity Jubilee Center

Monday- Friday- 11:30a.m.

Special Menu



LISBON FALLS

MTM Community Center

Wednesdays – 11:30 a.m.

Reservations – 1-800-427-1241

RANGELEY

Townhouse Apartments

Monday – Friday 11:30

Special Menu

Reservations 864-3986

RUMFORD

Muskie Center

Thursdays – 11:30 a.m.

Reservations – 1-800-427-1241

SeniorsPlus is the Area Agency on Aging and Aging and Disability Resource Center for Androscoggin, Franklin and Oxford Counties.

Since 1972 SeniorsPlus has provided information and services to older adults. SeniorsPlus is grateful for your tax-deductible contributions, bequest and memorial gifts. We also welcome valuable donations of time to serve as a volunteer with us. SeniorsPlus is dedicated to enriching the lives of seniors and can be found on the Internet at

www.seniorsplus.org



Participating Locations:

Brick Yard Café- 207-779-0708

RR2, Farmington 04938

Vouchers accepted 6am-2pm

~ **Campus Cuisine – D’Youville Pavillion ~**

100 Campus Avenue, Lewiston 04240

Vouchers accepted 1p.m. - 5 p.m.

Chick a Dee of Lewiston- 207-376-3870

1472 Lisbon Street Lewiston 04240

Vouchers accepted 10:30am until 4pm Monday –Friday

~ **Chuck Wagon Restaurant 207.897.4031~**

2 Depot Street, Livermore Falls 04254

Vouchers accepted 11a.m. until closing

– closed Mondays

~**Douin’s Market & Diner 207-778-4111**

150 Mercer Road New Sharon

Vouchers accepted 5a.m to 9pm

~ **LaFleur’s Family Restaurant 207.897.2117 ~**

224 Maine Street, Jay 04239

Vouchers accepted 11 a.m. until closing – not redeemable after 4 p.m. Friday & Saturday nights

- **Market Square Restaurant 207.743.3911~**

24 Market Square, South Paris 04291

Vouchers accepted 11a.m. until closing

Vouchers available at SeniorsPlus 8 Falcon Road, Lewiston, United Way, 214 Fairbanks Road Farmington and Livermore Distribution for the requested donation of \$6.00 ~ 1.800.427.1241