





December 2017-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
	<p>~Holiday Meal~ Baked Ham w/ Raisin Pineapple Sauce, Mashed Potatoes, Green Bean Casserole, Fruit Cup, Banana Bread, Bread Pudding</p>		<p>Any Questions? Please call SeniorsPlus 207-795-4010 or 1-800-427-1241</p>
<p>Baked Ziti w/ Meat Sauce 4 Green Beans, Spiced Pears</p>	<p>Pulled Pork w/Gravy 5 Rice Mandarin Oranges</p>	<p>Battered Fish w/ Dill Sauce 6 Roasted Potatoes Fresh Fruit</p>	<p>Turkey Pot Pie 7 Squash Spiced Apples</p>
<p>Chicken Corn Chowder 11 3 Bean Salad. Fresh Fruit Low Sodium Crackers</p>	<p>American Chop Suey 12 Carrots Sliced Peaches</p> 	<p>Western Omelet 13 Home Fried Potatoes, Stewed Tomatoes, Pineapple Chunks</p>	<p>Holiday Meal 14 All Home Delivered Meal consumers receive the special meal on their last serving day of the week. Requested Donation \$ 6.00</p> 
<p>Baja Fish Sticks 18 Oven Roasted Potato, Green Peas Mandarin Oranges</p>	<p>BBQ Chicken 19 Rice Pilaf, Mexican Corn, Fresh Fruit</p>	<p>Turkey Dogs 20 Baked Beans, Mixed Vegetables Cole Slaw, Spiced Apple</p>	<p>Meatloaf w/ Gravy 21 Garlic Mashed Potato, Green Beans, Spiced Pears</p>
<p>Holiday 25 No Meals Served or Delivered</p> 	<p>Fish Chowder 26 Pickled Beets, Applesauce, Oyster Crackers,</p>	<p>Swedish Meatballs 27 Egg Noodles, Carrots, Fresh Fruit,</p>	<p>Pork Stir Fry 28 Rice, Broccoli Cuts, Fruit Cocktail,</p>

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 Recreation Center

Mondays-11:30a.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.

Special Menu

Reservations 1-800-427-1241



Trinity Jubilee Center

Monday-Friday – 11:30 a.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 \$5.00 ~ 1.800.427.1241