



# January 2018-Sites

LunchPlus Cafes menu for Androscoggin,  
Franklin and Oxford counties

THIS MENU IS SUBJECT TO CHANGE  
Low fat milk is included with each meal



Monday	Tuesday	Wednesday	Thursday
<p><b>Holiday 1</b></p> <p><b>No Meals Served or Delivered</b></p>	<p><b>Chicken Stew 2</b></p> <p>Carrot Raisin Salad, Fresh Fruit, Biscuits, Low Sodium Crackers, Chef's Choice Dessert</p>	<p><b>Lemon Garlic Baked Fish 3</b></p> <p>Au Gratin Potato, Green Peas, Spiced Peaches, Whole Wheat Bread, Cookie</p>	<p><b>Turkey Tetrazzini 4</b></p> <p>Egg Noodles, Green Beans, Pineapple Cup, Whole Wheat Bread, Fruit Crisp</p>
<p><b>Chicken &amp; Broccoli Casserole 8</b></p> <p>Rice, , Sliced Beets, Fruit Cocktail, Breadstick, Blueberry Cake</p>	<p><b>Braised Beef 9</b></p> <p>Mashed Potato, Corn, Spiced Pears, Oatmeal Bread, Brownie</p>	<p><b>Cheese Omelet 10</b></p> <p>Home Fried Potatoes, Stewed Tomatoes, Mandarin Oranges, Raisin Bread, Vanilla Pudding</p>	<p><b>Glazed Pork 11</b></p> <p>Lyonnaise Potato, Brussel Sprouts, Spiced Apples, Whole Wheat Bread, Oatmeal Raisin Cookie</p>
<p><b>Martin Luthor King 15</b></p> <p><b>Holiday No Meals Served or Delivered</b></p>	<p><b>Turkey Chow Mein 16</b></p> <p>Rice, Oriental Vegetables, Peach Cups, Wheat Bread, Jello</p>	<p><b>Chicken Supreme 17</b></p> <p>Oven Roasted Potato, Stuffing, Green Peas, Spiced Pears, Raisin Bread, Sugar Cookies</p>	<p><b>Shepherd's Pie 18</b></p> <p>Glazed Carrots, Grapes, Whole Wheat Roll, Chef's Choice Dessert</p>
<p><b>Stuffed Shells w/ Meat Sauce 22</b></p> <p>Italian Vegetables, Applesauce, Garlic Breadstick, Hermit Cookies</p>	<p><b>BBQ Pork 23</b></p> <p>Oven Roasted Potato, Squash, Mandarin Oranges, Whole Wheat Bread, Chef Choice Dessert</p>	<p><b>Chili 24</b></p> <p>Broccoli Slaw, Fruit Cocktail, Cornbread, Low Sodium Crackers, Chocolate Pudding</p>	<p><b>Teriyaki Chicken 25</b></p> <p>Rice, Oriental Vegetables, Spiced Pineapple, Rye Bread, Cookie</p>
<p><b>Egg &amp; Cheese Bake 29</b></p> <p>Potato Puffs, Stewed Tomatoes, Spiced Peaches, Whole Wheat Roll, Chef's Choice Dessert</p>	<p><b>Beef Stew w/ Vegetables 30</b></p> <p>Pickled Beets, Pears, Biscuit, Low Sodium Crackers, Mandarin Orange Cake</p>	<p><b>Turkey Franks 31</b></p> <p>Macaroni &amp; Cheese, Green Peas, Fresh Fruit, Breadstick, Grape-nut Pudding</p>	<p><b>Build a Healthy Meal by making half your plate Fruits &amp; Vegetables. Add lean Protein and Whole Grains. Remember the Dairy and limit extra Fats</b></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 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](http://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