





October 2017 MOW's

Meals on Wheels Menu
Androscoggin, Franklin, & Oxford Counties

THIS MENU IS SUBJECT TO CHANGE
Low fat milk is included with each meal
A loaf of bread is delivered weekly to each
Meals on Wheels consumer

Monday	Tuesday	Wednesday	Thursday
Chicken Teriyaki 2 Garlic Mashed Potatoes, Broccoli & Cauliflower, Fresh Fruit	Ham Casserole 3 Green Beans & Mushrooms, Spiced Pineapple 	Blueberry Pancake 4 Turkey Sausage, Stewed Tomatoes & Zucchini, Raisin Bread, Fresh Fruit	American Chop Suey 5 Chuck Wagon Corn, Spiced Apples
Columbus Day Holiday 9 No Meals Served or Delivered 	Brunswick Stew 10 4 Bean Salad, Crackers, Fresh Fruit	Turkey Meatballs 11 Stuffed Shells, Mixed Vegetables, Peaches	Chicken Pot Pie 12 Harvard Beets, Fruit Cocktail
Fish Chowder 16 Broccoli Pasta Salad, Oyster Crackers, Fresh Fruit	Salisbury Steak w/ Gravy 17 Au Gratin Potatoes, Bean Medley, Apricots	Pork Cutlet w/ Gravy 18 Oven Roasted Potato, Brussel Sprouts, Fresh Fruit	Turkey Franks w/Roll 19 Baked Beans, Cole Slaw, Peas & Onions, Sliced Peaches
Chicken Tetrazzini 23 Vegetable Blend, Spiced Pears	Pork Stir Fry 24 Fried Rice, Oriental Vegetables, Fresh Fruit	Baja Fish Sticks 25 Garden Rice, Spinach, Fresh Fruit	Smothered Beef & Onions 26 Mashed Potato, Peas & Carrots, Tropical Fruit Cocktail
Tuna Casserole 30 Vegetable Blend, Warm Applesauce  shutterstock - 115537039	Western Omelets 31 Tater Tots, Stewed Tomatoes, Fruit Cup 		

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-1:00p.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

TURNER

Boofy Quimby Memorial Hall

Tuesdays – 11:30 a.m.

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 1 p.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 & Livermore Distribution Center for the

Requested donation of \$6.00 ~ 1.800.427.1241