




Monday	Tuesday	Wednesday	Thursday
<p>Chicken Teriyaki 2 Garlic Mashed Potatoes, Broccoli & Cauliflower, Fresh Fruit, Whole Wheat Breadstick, Snicker Doodle Cookie</p>	<p>Ham Casserole 3 Green Beans & Mushrooms, Spiced Pineapple, Wheat Roll, Pudding</p> 	<p>Blueberry Pancake 4 Turkey Sausage, Stewed Tomato & Zucchini, Fresh Fruit, Raisin Bread, Raspberry Muffin</p>	<p>American Chop Suey 5 Chuck Wagon Corn, Spiced Apples, Italian Bread Stick, Pineapple Squares</p>
<p>Columbus Day Holiday 9 No Meals Served or Delivered</p> 	<p>Brunswick Stew 10 4 Bean Salad, Fresh Fruit, Crackers, Chocolate Brownie</p>	<p>Turkey Meatballs 11 Stuffed Shells, Mixed Vegetables, Sliced Peaches, Garlic Bread, Apple Crumb Cake</p>	<p>Chicken Pot Pie, 12 Harvard Beets, Fruit Cocktail, Wheat Bread, Pudding</p>
<p>Fish Chowder 16 Broccoli Pasta Salad, Fresh Fruit, Oyster Crackers, Oatmeal Raisin Cookie</p>	<p>Salisbury Steak w/ Gravy 17 Au Gratin Potatoes, Bean Medley, Apricots, Oat Nut Bread, Pineapple Upside Down Cake</p>	<p>Pork Cutlet w/ Gravy 18 Oven Roasted Potato, Brussel Sprouts, Fresh Fruit, Whole Wheat Breadstick, Sweet Potato Pie Bar</p>	<p>Turkey Franks w/Roll 19 Baked Beans, Cole Slaw, Peas & Onions, Sliced Peaches, Chocolate Cookie</p>
<p>Chicken Tetrizzini 23 Vegetable Blend, Spiced Pears, Wheat Bread, Frosted Cake</p>	<p>Pork Stir Fry 24 Fried Rice, Oriental Vegetables, Fresh Fruit, Wheat Roll, Peach Crisp</p>	<p>Baja Fish Sticks, 25 Garden Rice, Spinach, Fresh Fruit, Rye Bread, Chocolate Chip Cookie</p>	<p>Smothered Beef & Onions 26 Mashed Potatoes, Peas & Carrots, Tropical Fruit Cocktail, Wheat Roll, Blonde Brownie</p>
<p>Tuna Noodle Casserole 30 Vegetable Blend, Warm Applesauce, Rye Bread, Molasses Cookie</p>	<p>Western Omelet 31 Tater Tots, Stew Tomatoes, Raisin Bread, Fruit Cup, Chef's Dessert Choice</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-1:00p.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.

Reservations – 225-3501

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