



JANUARY 2022

Meals on Wheels Menu
In Androscoggin, Franklin, & Oxford Counties

MENU IS SUBJECT TO CHANGE
Low fat milk is included with each meal
Whole wheat or whole rain loaf given monthly

Monday 1/3-1/7	Tuesday 1/10-1/14	Wednesday 1/17-1/21	Thursday 1/24-1/28
Tuna Salad Wrap Sliced Cucumbers Mixed Berries	Beef & Barley Stew Turnip Fruit Cocktail	Chicken Fajita Salad WG Tortilla Chips Peaches & Pears	Ham Salad Sandwich 4 Bean Salad Mixed Fruit
Chicken Broccoli Curry Casserole Green Beans Strawberries	American Chop Suey Broccoli Pineapple & Oranges	Roasted Pork Loin w/ Orange Marmalade Sauce Sweet Potato Green Beans Fruit Crisp	Breakfast Quiche Home Fries Stewed Tomato Tropical Fruit
Philly Patty Melt w/ Onions & Peppers Steak Fries Carrots Peaches	BBQ Chicken Mashed Potato Peas & Carrots Baked Cinnamon Apples	Tater Tot Taco Casserole W/ Beef Salsa & Cheese Pease & Onions Pineapple	Turkey Meatballs w/ Gravy Steamed Rice Zucchini and Red Pepper Spiced Raisin & Pear Bake
Baked Beans Beef Franks Mixed Vegetable Tropical Fruit	Fish Nuggets Potato Wedges Sonoma Vegetable Blend Pears & Cran-raisins	Chicken Nuggets Fries Broccoli & Carrot Blend Fruit Cocktail	Cheeseburger Meatloaf Red Mashed Potato Parsley Carrots Mixed Berries
Pulled Pork Slider Beets Mandarin Oranges w/Blueberries	Cheese Rollup w/ Alfredo Sauce Green & Wax Bean Mix Peaches & Strawberries	Fish Sandwich Sliced Carrots Chunky Spiced Applesauce	Chicken Cordon Blue Baked Sweet Potato Broccoli & Cauliflower Apricots

Social Dining Sites

AUBURN

Heritage Court

Thursdays – 11:30 am

Reservations 1-800- 427-1241

The Auburn Townhouse

Wednesdays – 11:30 am

Reservations – 1-800-427-1241

BUCKFIELD

Nezinscot Village

Wednesdays – 11:15 am

Reservations 1-800-427-1241

FARMINGTON

Farmington Recreation Center

Mondays-11:30 am

Reservations 1-800-427-1241

LEWISTON

Meadowview

Tuesdays & Thursdays – 11:30 am

Reservations – 1-800-427-1241

Trinity Jubilee Center

Monday-Friday 11:30 am

Special Menu

LISBON FALLS

MTM Community Center

Wednesdays – 11:30 am

Reservations – 1-800-427-1241



NORWAY

Progress Center

Thursdays 4 pm-6 pm

Special Menu

RANGELEY

Townhouse Apartments

Monday – Friday 11:30 am

Special Menu

Reservations 864-3986

RUMFORD

Muskie Center

Thursdays – 11:30 am

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:

Chuck Wagon Restaurant 207-897-4031

2 Depot Street, Livermore Falls 04254

Vouchers accepted 11am until closing

Closed Mondays

Ellis's Variety – 207-562-8284

1260 Weld Street, Dixfield

Vouchers accepted 6 am to 2 pm

GrantLee's Tavern & Grill 207-778-0809

476 Fairbanks Road, Farmington, 04976

Vouchers accepted Wednesday-Friday 11am to 4pm

Closed Mondays & Tuesdays

Market Square Restaurant 207-743-3911

24 Market Square, South Paris 04291

Vouchers accepted 11am 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