



August 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

Week 8/1-8/5	Week 8/8-8/12	Week 8/15-8/19	Week 8/22-8/26
Egg Salad on Top of Fresh Greens Whole Wheat Crackers Broccoli Salad Fresh Melon Cup	Ham & Cheese Slider Pickled Beets Pineapple Chunks	Tuna Pasta Salad Cole Slaw Fresh Seasonal Fruit	Turkey Cream Cheese Wrap Three Bean Salad Peaches
Garlic Chicken Roasted Potatoes Mixed Vegetables Tropical Fruit	Chicken Florentine Steamed Whole Grain Rice Steamed Broccoli Mandarin Oranges	Honey Mustard Chicken Tenders Mashed Potato Peas Cinnamon Applesauce	Pulled Pork Poutine Oven Roasted Potatoes Stew Tomatoes Berries
Ham & Cheese Quiche Home Fries Peas Mixed Berries	Ginger Pork Vegetable Blend Winter Squash Applesauce	Vegetable Sausage Rice Skillet Carrots Tropical Fruit	Sweet & Sour Chicken Vegetable Stir Fry Rice Pilaf Pears
Swedish Beef Over Egg Noodles Green Beans Peaches	Baja Fish Sticks Scallop Potatoes Baby Brussel Sprouts Spiced Pears	Beef Meatloaf w/ Gravy Garlic Mashed Potato Green Beans Fruit Cocktail	Fish Nuggets Carrots Mashed Potatoes Mandarin Oranges
Baked Haddock Parsley Baby Carrots Rice Pilaf Fruit Cocktail	Beef Patty Melt w/ Baked Fries Peas Strawberries	Lemon Baked Cod Roasted Potatoes Steamed Broccoli Peaches	Salisbury Steak Mashed Potatoes Green Beans Applesauce

Social Dining Sites

LEWISTON

Blake Street Towers

70 Blake Street

Mondays, Tuesdays, Wednesdays
11:15 am

Reservations 1-800-427-1241

Meadowview

23 Spofford Street

Tuesdays & Thursdays – 11:30 am

Reservations – 1-800-427-1241

Oak Park Apartments

10 Oak Street

Mondays thru Thursdays – 11:30 am

Reservations – 1-800-427-1241

Trinity Jubilee Center

Bates Street

Mondays and Fridays 11:30 am
Special Menu

Reservations – 1-800-427-1241

NORWAY

Progress Center

Cottage Street

Tuesdays 11:30 am

Thursdays 4:30 pm-6 pm

Special Menu

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

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