



January 2021

Meals on Wheels Menu
Androscoggin, Franklin, & Oxford Counties

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

Week 1/4-1/8	Week 1/11-1/15	Week 1/18-1/22	Week 1/25-1/29
Veggie Lasagna Stewed Tomatoes Fruit Cocktail	Sausage Red Pepper Onion Pasta Bowl Green Beans Applesauce	Beef Franks & Beans Mixed Vegetable Tropical Fruit	Chicken Tenders Baked Fries Peas & Carrots Apricots
Fajita Beef Spanish Rice Onions & Peppers Spiced Pineapple	Egg Scramble Home fries Asparagus Berries	Meatloaf w/ Gravy Mashed Potato Spinach Strawberries	Baja Fish Sticks Au Gratin Potato Green Beans Pears
Potato Ham Casserole Asparagus Tropical Fruit	Beef Chili Rice Mixed Vegetable Peaches	Chicken Corn Chowder Broccoli Tropical Fruit Blend	Turkey Stroganoff Sour Cream & Chive Potato Lima Beans Peaches
Baked Cod w/ Lemon Dill Sauce Roasted Potatoes Zucchini & Tomatoes Applesauce	Honey Mustard Pork Cutlet Sweet Potato Wedges Peas & Onions Pears	Baked Ravioli Sonoma Blend Spiced Pears	Sloppy Joe Rice Monaco Blend Mandarin Oranges
Teriyaki Chicken Vegetable Stir Fry Garden Rice Mandarin Oranges	Fish Fillet Sandwich Sonoma Apricots	Honey Pork Bites Rice Pilaf Monaco Blend Vegetable Baked Apples	Stuffed Pancakes Turkey Sausage Broccoli Berries

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:

Campus Cuisine-St. Mary's Residences 207-777-8600

100 Campus Avenue, Lewiston 04240

Vouchers accepted 1pm-5pm

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 11am until closing

Closed Mondays

Douin's Market & Diner 207-778-4111

150 Mercer Road New Sharon

Vouchers accepted 5am to 9pm

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

LaFleur's Family Restaurant 207-897-2117

224 Maine Street, Jay 04239

Vouchers accepted 11am until closing – not redeemable

after 4pm Friday & Saturday nights

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