



March 2023

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 Whole Wheat Bread Monthly

Week 02/27-03/03	Week 03/06-03/10	Week 03/13-03/17	Week 03/20-03/24	Week 03/27-03/31
FRESH MEAL Baked Beans and Franks Mixed Vegetables Fruit Cocktail	FRESH MEAL Tuna Noodle Casserole Stewed Tomatoes Tropical Fruit	FRESH MEAL Corned Beef & Cabbage Boiled Potato, Carrots Forest Mixed Pie	FRESH MEAL Chicken Cacciatore Over Whole Grain Pasta Italian Vegetable Pears	FRESH MEAL Pulled Pork Over Brown Rice Glazed Carrots w/ Ginger Apple Crisp
Hearty Pea Soup Diced Beets Spiced Pears	Chicken Ala King Over Egg Noodle Mixed Vegetable Mandarin Oranges & Pineapple	BBQ Chicken Mashed Potatoes Spinach Pears	Western Omelet Sweet Potato Puffs Asparagus Peaches	Hearty Chicken Stew w/ Potatoes and Mixed Veggies Green Beans Fruit Cocktail
Pork Tenderloin Au Gratin Potatoes Cauliflower & Carrots Cinnamon Apple Sauce	Pork Cutlet with Gravy Mashed Potatoes Peas & Carrots Fruit Cocktail	Smothered Beef & Onions, Buttered Noodles, Green Beans, Apples	Chicken Veggie Rice Casserole Peas and Carrots Fruit Cocktail	Ham Tortellini w/ Peas Cauliflower Blend Strawberries
Beef Meatballs Mashed Potato w/ Gravy Mexican Corn Tropical Fruit	Shepherd's Pie Beets Sliced Peaches	Pancakes w/ Apples Turkey Sausage Links Brussel Sprouts Peaches	Beef Stew w/ Barley Green Beans Tropical Fruit	BBQ Beef Patties Brown Rice Mixed Vegetable Apples
Battered Baked Fish Rice Medley Broccoli Peaches	Honey Mustard Chicken Tenders Tator Tots Carrots Mango	Ravioli w/ Marinara Sauce Broccoli, Cauliflower, Carrots Tropical Fruit	Baked Fish Rice Pilaf Broccoli Applesauce w/ Blueberries	Pub Style Baked Fish Parsley Potatoes Stewed Tomatoes Peaches

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