



MAY 2021

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

THIS MENU IS SUBJECT TO CHANGE

Low fat milk is included with each meal
Monthly Loaf of Whole Wheat Bread

| Week 5/3-5/7 | Week 5/10-5/14 | Week 5/17-5/21 | Week 5/24-5/28 |
|---|--|--|--|
| Vegetable Lasagna Stew Tomato Fruit Cocktail | Chilled Chicken Walnut Cranberry Salad w/ a roll Broccoli Salad Grapes | Cold Tuna Tortellini Salad Marinated Three bean Salad Melon cubes | Cold Italian Meat Pasta Salad Cucumber Salad Berries |
| Mexican Chicken Bake Onions & Peppers Yellow Rice Spiced Pineapple | Cheese Omelets Home Fries Brussel Sprouts Berries | Stuffed Cabbage Mixed Vegetable Rice Baked apples | Baked BBQ Pork Loin Sweet Potato Wedges Green Beans Mandarin Oranges |
| Pulled Pork w/ a Roll Petite Peas Spiced Pears | Open faced Patty Melt Potato Wedges Mixed Vegetables Tropical Fruit Mix | Turkey Franks Baked Vegetarian Beans Asparagus Fruit Cocktail | Teriyaki Beef Meatballs Rice Pilaf Vegetable Stir Fry Grilled Pineapple |
| Fish Nuggets Roasted Potatoes Asparagus Applesauce | Homey Pork Bites Rice Pilaf Parsley Butter Baby Carrots Spiced Pears | Hearty Chicken Noodle Soup Spinach Peaches | Waffles Turkey Sausage Peas Blueberry Compote |
| Meatloaf w/ Gravy Mashed Potato Sonoma Vegetable Blend Peaches | Lemon Dill Cod Green Beans Red Mashed Potato Fruit Cocktail | Cubed Ham Scallop Potato Casserole Steamed Broccoli Pineapple Tidbits | Fish Sticks Garlic Mashed Potato Diced Beets Fruit Cocktail |

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