



# November 2021

Meals on Wheels Menu  
Androscoggin, Franklin, & Oxford Counties

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

<b>Week 11/01-11/5</b>	<b>Week 11/8-11/12</b>	<b>Week 11/15-11/19</b>	<b>Week 11/22-11/26</b>	<b>Week 11/29-12/5</b>
Beef Bean Corn Chili Green Beans Pears	Autumn Curried Chicken on a Roll Baby carrots Small Apple	Tuna Melt in a Wrap Stewed Tomatoes Peaches	<b>Thanksgiving Meal</b> Roasted Turkey, gravy, Mashed Potato, Peas, Onions, Stuffing & Cranberry Sauce Apple Crisp	Beef Taco Salad Tortilla Shells Mandarin Oranges
Turkey Meatballs w/ Gravy Mashed Potato Beets Spiced Pineapple	Pork with Apricot Sauce Green Beans Mushroom Parsley Rice Pineapple	Lasagna Bake Italian Vegetable Berries	Stuffed Shells Green Beans Applesauce	Ham Potato Chowder Asparagus Tropical Fruit
Baked Ravioli w/ Cream Sauce Italian Vegetable Blend Berries	Turkey Sausage Waffle Sticks Stewed Tomato Blueberry Compote	Chicken Lo Mein Vegetable Stir Fry Garden Rice Grilled Pineapple	Beef w/ Mushroom Gravy Potato Wedges California	Chicken Pot Pie Diced Beets Pears
Fish Nuggets Oven Roasted Potato Steamed Peas Mandarin Oranges	Meatloaf & Gravy Garlic Mashed Sonoma Blend Peaches	Western Omelet Home Fries Asparagus Fruit Cocktail	Cajun Shrimp Spanish Rice Green Beans Grilled Pineapple	Turkey Corn Dogs Tarter tots Spice Applesauce Mixed vegetable
Chicken Cordon Blue Casserole Spinach Fruit Cocktail	Fish Fillet Sandwich Green Beans Mandarin Oranges	Beef Franks & Beans Mixed Vegetable Tropical Fruit	BBQ Pork Riblet Yams Broccoli Berries	Stuffed Pepper Brown rice Green Beans

## **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](http://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