



OCTOBER 2020

Meals on Wheels Menu
Androscoggin, Franklin, & Oxford Counties

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

Week 10/5-10/8	Week 10/12-10/15	Week 10/19-10/22	Week 10/26-10/29
Vegetable Sausage Quiche Asparagus Home Fries Tropical Fruit	Patty Melt Steak Fries Peas & Onions Peaches	Honey Garlic Chicken Sonoma Vegetable Blend Roasted Potatoes Applesauce	Macaroni & Cheese Brussel Sprouts Pears
Tuna Noodle Casserole Stewed Tomatoes Peaches	Hearty Pea Soup California Blend Vegetable Mixed Berries	Turkey Sausage French Toast Mixed Vegetable Blueberries	Shepherd Pie Broccoli Berries
Sweet & Sour Chicken Vegetable Stir Fry Garden Rice Mandarin Oranges	Baja Fish Sticks Au Gratin Potato Green Beans Fruit Cocktail	Cheesy Ham Potato Casserole Carrots Pineapple	Turkey Corn Dogs Mashed Potato Peas Tropical Fruit
Baked Ham Pineapple Glaze Broccoli Baked Apples Sweet Potato	Curry Chicken Broccoli Casserole Carrots Rice Pineapple	Meatloaf Garlic Mashed Potato Green Beans Fruit Cocktail	Mexican Chicken Bake Cajun Rice Onions & Peppers Pineapple
Beef Stew w/ Biscuit Brussel Sprouts Strawberries	Baked Manicotti Italian Vegetables Baked Pears	Fish Chowder Monaco Blend Vegetable Peaches	Cran-Orange Glazed Roast Pork Sweet Potato Fries Mixed Vegetable Baked Apples

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 11 am 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