



October 2021

Meals on Wheels Menu
Androscoggin, Franklin, & Oxford Counties

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

Week 10/4-10/8	Week 10/12-10/15	Week 10/18-10/22	Week 10/25-10/29
Chicken Corn Chowder Asparagus Mandarin Orange	Turkey Sandwich on a Croissant with Cranberry Cream Cheese Spread Three Bean Salad Peaches	Fish Stew w/Oyster Crackers Cole Slaw Grapes	Ham & Cheese Tailgate Sliders Pickled Beets Pineapple Chunks
Pulled Pork Poutine served over Roasted Potatoes Stewed Tomatoes Apricots & Berries	Shepherd Pie Green Beans Mandarin Oranges	Sweet & Sour Chicken Rice Pilaf Vegetable Stir Fry Blend Pineapple	Beef Meatball Stew Brussel Sprouts Fruit Cocktail
Meatloaf w/ Gravy Green Beans Roasted Potatoes Fruit Cocktail	Macaroni & Cheese Italian Vegetable Spiced Pears	Cheese Omelets Prince Vegetable Blend Home Fries Blueberries	Baked Cod w/ Garlic Lemon Butter Sauce Mixed Vegetables Roasted Potatoes Peaches
Baja Fish Sticks Peas & Carrots Rice Pilaf Baked Apples	Garlic Chicken Steamed Broccoli Roasted Potato Tropical	Sausage Vegetable Pasta Bowl with Onions & Peppers Carrots Tropical Fruit	Honey Mustard Chicken Sweet Potato Fries Sonoma Vegetables Cinnamon Applesauce
Stuffed Manicotti Sonoma Vegetable Blend Pears	Baked Ham Scalloped Potato Mixed Vegetable Spiced Pineapple	Patty Melt Sweet Potato Fries Peas Strawberry & Pears	French Toast Sticks Turkey Sausage Stewed Tomato Apricots

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:

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