

Monday	Tuesday	Wednesday	Thursday
<p><b>Any Questions?</b> <b>Please call SeniorsPlus</b> 207-795-4010 or 1-800-427-1241</p>		<p><b>For Heart Health - eat a heart healthy diet by including more fruits &amp; vegetables. Limit saturated fats and salt</b></p>	<p><b>Fruit Glazed Ham 1</b> Sour Cream &amp; Chive Potatoes, Mixed Vegetables Pineapple Cup </p>
<p><b>BBQ Chicken 5</b> Rice Pilaf, Mexican Corn, Pineapple Chunks</p>	<p><b>Smothered Beef &amp; Onions 6</b> Oven Roasted Potatoes, Carrots, Fruit Cocktail</p>	<p><b>Turkey Stew 7</b> 3 Bean Salad, Biscuit, Fresh Fruit</p>	<p><b>Honey Garlic Pork Bites 8</b> Mashed Potatoes, Mixed Vegetables, Spiced Applesauce</p>
<p><b>Tuna Noodle Casserole 12</b> Green Peas, Spiced Peaches </p>	<p><b>Curry Pineapple Chicken 13</b> Rice, Green Beans, Tropical Fruit Cocktail</p>	<p><b>Seafood Chowder 14</b> Cole Slaw, Fresh Fruit, Low Sodium Crackers Cupcake </p>	<p><b>American Chop Suey 15</b> Broccoli Cuts, Warm Apricots,</p>
<p><b>President's Day Holiday 19</b>  <b>No Meals Served or Delivered</b> </p>	<p><b>Fish Fillet 20</b> Garlic Mashed Potatoes, Mixed Vegetables, Fruit Cocktail</p>	<p><b>Salisbury Steak 21</b> Au Gratin Potatoes, Bean Medley, Spiced Apples</p>	<p><b>Lemon Pepper Chicken 22</b> Oven Roasted Potatoes, Carrots, Fresh Fruit</p>
<p><b>Pulled Turkey w/ Gravy 26</b> Mashed Potatoes, Stuffing, Broccoli Cuts, Mandarin Oranges</p>	<p><b>Sloppy Joe 27</b> Rice, Green Peas, Spiced Peaches</p>	<p><b>Apple Stuffed Pancakes 28</b> Turkey Sausage, Stewed Tomatoes, Fresh Fruit</p>	

## LunchPlus Cafés

### AUBURN

#### *Heritage Court*

Thursdays – 11:30 a.m.

**Reservations – 1-800-427-1241**

#### *The Auburn Townhouse*

Wednesdays – 11:30 a.m.

**Reservations – 1-800-427-1241**

### BUCKFIELD

#### *Nezinscot Village*

Wednesdays – 11:15 a.m.

**Reservations 1-800-427-1241**

### FARMINGTON

#### *Farmington Recreation Center*

Mondays-11:30a.m.

**Reservations 1-800-427-1241**

### LEWISTON

#### *Meadowview*

Tuesdays & Thursdays – 11:30 a.m.

**Reservations – 1-800-427-1241**

#### *Trinity Jubilee Center*

Monday-Friday 11:30 a.m.

Special Menu



### LISBON FALLS

#### *MTM Community Center*

Wednesdays – 11:30 a.m.

**Reservations – 1-800-427-1241**

### NORWAY

#### *Progress Center*

Thursdays- 4:30p.m.-6pm

Special Menu

### RANGELEY

#### *Townhouse Apartments*

Monday – Friday 11:30

Special Menu

**Reservations 864-3986**

### RUMFORD

#### *Muskie Center*

Thursdays – 11:30 a.m.

**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:

### **Brick Yard Café- 207-779-0708**

RR2, Farmington 04938

Vouchers accepted 6am-1:30 pm

### **Campus Cuisine – D’Youville Pavillion**

100 Campus Avenue, Lewiston 04240

Vouchers accepted 1pm.-5 pm.

### **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

### **GrantLee Tavern & Grill 207-778-0880**

476 Fairbanks Road, Farmington 04938

Vouchers accepted 11am-4pm

Wednesday -Friday

Closed Monday & 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