





JANUARY 2019

Meals on Wheels Menu
Androscoggin, Franklin, & Oxford Counties

THIS MENU IS SUBJECT TO CHANGE
Low fat milk is included with each meal
A loaf of bread provided monthly to each
Meals on Wheels consumer

Monday	Tuesday	Wednesday	Thursday
<p>*** Please wash all fresh fruit before consumption**</p>	<p>1</p> 	<p>2</p> <p>Chicken Tenders Au Gratin Potatoes Vegetable Medley Tropical Fruit Pudding Cup</p>	<p>3</p> <p>Western Omelets Oven Roasted Potatoes Stewed Tomatoes Juice Blueberry Scones</p>
<p>7</p> <p>Chicken Divan Noodles Mixed Vegetables Fresh Fruit Chef's Choice</p>	<p>8</p> <p>Sloppy Joe on a Roll Peas & Onions Spiced Pineapple Grasshopper Bars</p>	<p>9</p> <p>Pea Soup w/ Ham Broccoli Raisin Salad Applesauce Crackers Lemon Bar</p>	<p>10</p> <p>Turkey Tetrazzini Egg Noodles Squash Peaches Boston Cream Poke Cake</p>
<p>14</p> <p>Beef Chili w/ Rice Green Beans Corn Muffin Mandarin Oranges Congo Bars</p>	<p>15</p> <p>Fish Fillet w/ Dill Sauce Rice Pilaf Broccoli Fresh Fruit Ginger Snaps</p>	<p>16</p> <p>Turkey Sausage French Toast Stewed Tomatoes Fruit Juice Peanut Butter Cookies</p>	<p>17</p> <p>Shepherd's Pie Zucchini Fresh Fruit Blonde Brownies</p>
<p>21</p> 	<p>22</p> <p>Chicken Rigatoni Spinach Pears Raspberry Filled Cookies</p>	<p>23</p> <p>Sweet & Sour Meatballs Rice Oriental Vegetable Blend Fresh Fruit Jell-O</p>	<p>24</p> <p>Honey Pork Bites Peas & Carrots Scallop Potato Spiced Pineapple Chef's Choice</p>
<p>28</p> <p>Turkey Franks Baked Beans Biscuits Calico Corn Fruit Cocktail Carrot Cake</p>	<p>29</p> <p>Meatloaf & Gravy Sour Cream & Chive Mashed Potato Green Beans Juice Whoopi pies</p>	<p>30</p> <p>Chicken Pot Pie Broccoli & Cauliflower Apricots Chocolate Drop Cookies</p>	<p>31</p> <p>Fish Chowder Cole Slaw Oyster Crackers Fresh Fruit Fruit Crisp</p>

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:

Brick Yard Café- 207-779-0708

RR2, Farmington 04938

Vouchers accepted 6am-2pm

Campus Cuisine – D’Youville Pavillion

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