



September 2023
Meals on Wheels Menu
Androscoggin, Franklin, & Oxford Counties

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

Week 9/4-9/8	Week 9/11-9/15	Week 9/18-9/22	Week 09/25-9/29
Fresh Meal BBQ Chicken Salad Macaroni Salad Crackers Three Bean Salad Peaches	Fresh Meal Turkey & Cheese Bun Italian Garbanzo Beans Pickled Beets Melon	Fresh Meal Meatballs and Rotini w/ Red Sauce Broccoli Pears	Fresh Meal Fish Sandwich w/Cheese Green Beans Tropical Fruit Blend
Open Faced Turkey Sandwich Whole Grain Bread Gravy Stuffing Diced Beets Fruit Cocktail	Chicken Cordon Bleu Brown Rice Carrots Mixed Berries	Pork riblet Mashed Potatoes Oyster Crackers Mixed Vegetables Mandarin Oranges	Turkey Corn Dogs Potato Patty Carrots Applesauce
Beef Chili with Cheese Saltine Crackers Mixed Vegetables Cinnamon Baked Apples	Cheese Roll up and Beef Meatballs w/ Red Sauce Mixed Vegetables Pears	Grilled Chicken Rice Pilaf Baked Beans Peaches	Stuffed Pancakes Turkey Sausage Brussel Sprouts Mixed Berries
Sweet & Sour Pork Fried Rice Graham crackers Peas & Onions Blueberries	Fish Fillet w/ cheese Roasted Potatoes Peas Pineapple	Stuffed Pepper w/Rice Green Beans Apples	Sliced Ham Garlic Mash Potatoes Wheat Thins Stewed Tomatoes Spiced Pears
Salisbury Steak Au Gratin Potatoes Breakfast Bar Green Beans Tropical Fruit Blend	Chicken Alfredo Egg Noodle Chex Mix Stewed Tomatoes & Zucchini Peaches	Spinach, Mushroom Cheddar Quiche Home Fries Stewed Tomato Fruit Cocktail	Cheese Burger Patty Egg Noodles Mixed Vegetable Peaches

Social Dining Sites

LEWISTON

Meadowview Park Community Hall

23 Spofford Street
Tuesdays – 11:30 am

Reservations – 1-800-427-1241

Trinity Jubilee Center

Bates Street
Monday - Friday 11:30 am
Special Menu

Reservations – 1-800-427-1241



September

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

GrantLee's Tavern & Grill 207-778-0809

476 Fairbanks Road, Farmington, 04976
Vouchers accepted Thursday - Sunday 11am to Close
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