



April 2024

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 Whole Wheat Bread Monthly

Week 4/1 – 4/5	Week 4/8 – 4/12	Week 4/15 – 4/19	Week 4/22 - 4/26	Week 4/29 – 5/3
FRESH MEAL Sliced Ham w/ Fruit Sauce Pancakes Asparagus Mixed Berries	FRESH MEAL Chicken Lo Mein Spaghetti Roasted Garbanzo Beans Sliced Peaches	FRESH MEAL Sweet & Sour Meatballs Egg Noodles Black Beans Apple Slices	FRESH MEAL Turkey & Rice Soup Mixed Vegetables Blueberries	FRESH MEAL Pulled Pork Over Brown Rice Glazed Carrots w/ Orange & Ginger Apple Sauce w/ Raisins
Beef & Gravy Brown Rice Carrots Cinnamon Apple Sauce	Egg & Cheese Bites Turkey Sausage Sweet Potatoes Green Beans Mandarin Oranges	Ham & Potato Casserole Brussel Sprouts Orange & Pineapple	Chicken and Gravy Egg Noodles Beets Pears	Chicken Ramen & Mixed Veggies Cauliflower Fruit Cocktail
Baked Fish Mashed Potatoes Mixed Vegetables Strawberries	BBQ Beef Patties Brown Rice Baby Glazed Carrots Fruit Cocktail	Beef & Lentil Chili w/ Cheese Saltine Crackers Peas Fruit Cocktail	Turkey Dogs Mashed Potatoes Peas Peaches	Ham Tortellini w/ Peas Mexican Corn Strawberries
Pork Riblet w/ Gravy Roasted Potatoes Butternut Squash Fruit Cocktail	Meatballs and Rotini with Red Sauce Broccoli Tropical Fruit Blend	Lemon Chicken Garden Rice Baked Beans Peaches	BBQ Beef Steamed Rice Green Beans Fruit Cocktail	Sloppy Joe Rotini Mixed Vegetables Apples
Chicken Parmesan Egg Noodles Dill Peas Pears	BBQ Meatloaf with Cheese Mashed Potatoes Sliced Beets Pineapple	Honey Pork Bites Garlic Mashed Potatoes Stewed Tomatoes Spiced Pears	Herbed Roasted Pork Loin with Gravy Scalloped Potatoes Broccoli Cinnamon Apples w/ Raisins	Baked Fish Parsley Potatoes Stewed Tomatoes 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



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

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