



Menu July 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 7/1 – 7/5	Week 7/8 – 7/12	Week 7/15 – 7/19	Week 7/22 - 7/26	Week 7/29 – 8/2
FRESH MEAL Seafood Roll Pickled Beets Tropical Fruit Salad	FRESH MEAL Egg Salad Served w/ Lettuce Dinner Roll Cucumber & Tomatoes Fresh Strawberries	FRESH MEAL Turkey & Cheese Sandwich Roasted Garbanzo Beans Pickled Beets Cantaloupe	FRESH MEAL Tuna, Lettuce & Cheese Whole Wheat Wrap Pretzel Goldfish Ripe Tomatoes Honey Dew	Chicken Salad on a Roll Italian Style Rice Salad Lima Beans Kiwi
Beef Patty with Cheese Mashed Potatoes Brussel Sprouts Sliced Apples	Sloppy Joe served over Rice Cauliflower Peaches	Crustless Quiche with Turkey Sausage Link Diced Potatoes Zucchini & Stewed Tomatoes Cinnamon Applesauce	Turkey Burger with Cheese Served over Rice Brussel Sprouts Pineapples	Sweet & Sour Meatballs Egg Noodles Diced Beets Strawberries
Oriental Pork served over Rice Broccoli Ginger Pineapple	Grilled BBQ Chicken Oven Potatoes with Peppers & Onions Sliced Beets Spiced Apples	Baked Sliced Ham with Warm Apple Sauce Mashed Potato Spinach Peaches	Chicken Ramen Spaghetti Mixed Vegetables Spiced Pears	Fish Sandwich with Cheese Mixed Vegetables Mixed Berries
Chicken Parmesan Spaghetti Yellow Turnip Spiced Apples	Pork Cutlet w/ Gravy Mashed Potato Green Beans Fruit Cocktail	Honey Mustard Chicken Tenders Scalloped Potatoes Stewed Tomatoes Mixed Berries	Pork Sausage Fruit Stuffed Pancakes Asparagus Fruit Cocktail	Turkey & Rice Soup Sliced Beets Pineapple
Turkey Franks Baked Beans Parslied Carrots Spiced Pears	Beef Macaroni & Cheese Carrots Pineapples	Beef Meatballs with Mushroom Gravy Seasoned Rice Peas & Onions Mandarin Oranges	Pulled Pork & Gravy Potatoes O'Brien Butternut Squash Tropical Fruit Salad	Chicken Supreme Rotini Dill Peas Peaches & Pears

Social Dining Sites

AUBURN

Barker Mills Dining Site

143 Mill Street
TUESDAYS -EVERY OTHER WEEK
- 11:30 a.m.
Reservations – 1-800-427-1241

Lake Auburn Townhouse

74 Lake Auburn Ave
THURSDAYS- EVERY OTHER WEEK-
11:30A.M.
Reservations – 1-800-427-1241

Roak Block Apartments

156 Main Street
WEDNESDAYS-EVERY OTHER WEEK
– 11:30.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

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



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 the following SeniorsPlus locations:

8 Falcon Road, Lewiston
284 Main Street, Wilton
9 Marston Street, Norway
Distribution Center, Hannaford Plaza, Jay

Requested donation of \$6.00.

1.800.427.1241