



October 2024

Meals on Wheels Menu
Androscoggin, Franklin, & Oxford Counties

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

Week 9/30 – 10/4	Week 10/7 - 10/11	Week 10/14 - 10/18	Week 10/21 - 10/25	Week 10/28 – 11/1
FRESH MEAL Meatballs and Rotini with Red Sauce Broccoli Pears	FRESH MEAL Tuna Noodle Casserole Pretzel Goldfish Tomato & Cucumber Salad Mandarin Oranges	FRESH MEAL Swedish Meatballs Egg Noodles Diced Beets Apple Slices	FRESH MEAL Ham & Cheese Quiche Hashbrowns Tomatoes & Zucchini Apricots	FRESH MEAL BBQ Pork Riblet Garden Rice Baked Beans Fruit Cocktail
Beef & Gravy Mashed Potato Carrots Cinnamon Applesauce	Pea Soup w/ Ham, Potatoes and Carrots Oyster Crackers Beets Pears	Chicken Parmesan Penne Noodles Cauliflower Tropical Fruit	Chicken Tortellini Alfredo Asparagus Peaches	Lasagna Roll w/ Ground Turkey Red Sauce Brussel Sprouts Peaches & Pears
Omelet Turkey Sausage Hashbrowns Stewed Tomatoes Blueberries	Grilled Chicken Au Gratin Potatoes Pinto Beans Peaches	Beef Chili with Beans Saltine Crackers Peas Mangos	Turkey Franks Vegetarian Beans Peas & Onions Pears	Pork Tenderloin Steamed Rice California Veggies Strawberry Applesauce
Honey Pork Bites Rice Pilaf Peas & Carrots Strawberries	Scrambled Eggs French Toast Sticks Baby Carrots Mixed Berries	Chicken & Gravy Brown Rice Key Largo Blend Veggies Strawberries	BBQ Beef Steamed Rice Harvest Beets Fruit Cocktail	Beef Meatballs Mashed Potato w/ Gravy Green Beans Tropical Fruit
Breaded Chicken Patty w/Cheese Oven Roasted Potatoes Brussel Sprouts Oranges & Pineapples	BBQ Meatloaf w/ Cheese Mashed Potatoes Green Beans Pineapple	Pulled Pork w/ Gravy Mashed Potatoes Stewed Tomatoes Spiced Pears	Herbed Roasted Pork Loin w/ Gravy Mashed Potatoes Spinach Cinnamon Apples with Raisins	Baked Fish w/Dill Sauce Mashed Sweet Potato Mexican Corn Blueberries

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