



January 2025

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 12/30 – 01/03	Week 01/06 – 01/10	Week 01/13 – 01/17	Week 01/20 – 01/24	Week 01/27 – 01/31
FRESH MEAL Chili Mac w/Cheese Glazed Brussel Sprouts Fruit Salad	FRESH MEAL Ham & Cheese Quiche Home Fries Stewed Tomatoes Blueberries	FRESH MEAL Turkey Tetrazzini Italian Veggie Blend Mandarin Oranges	FRESH MEAL Shepard's Pie Broccoli & Cauliflower Spiced Apples	FRESH MEAL Chicken Fajita Mix Yellow Rice Mexican Corn & Beans Strawberries & Mango
French Toast Sticks Scrambled Eggs Parslied Carrots Mixed Berries	BBQ Pulled Pork Baked Beans Corn Cinnamon Applesauce	Roasted Pork Mashed Potato w/Gravy Dill Carrots Mixed Berries	Turkey Burger w/Gravy Brown Rice Diced Beets Apricots	Fruit Stuffed Pancakes Scrambled Eggs Stewed Tomatoes Mandarin Oranges
Fish Nuggets Sweet Potato Puffs Spinach Pears	Honey Mustard Chicken Mashed Potatoes Diced Carrots Fruit Cocktail	Cheese Omelet Hashbrowns Island Veggie Blend Applesauce	Seafood Chowder w/ Oyster Crackers Peas & Carrots Strawberries	Beef & Broccoli Wild Rice Cauliflower Pineapple
Honey Garlic Pork Bites over Brown Rice Stir-Fry Veggies Ginger Pineapple	Baked Ziti w/Meat Sauce Mixed Vegetables Tropical Fruit	Seasoned Chicken Breast Mashed Sweet Potato Green Beans Spiced Pears	Chicken Lo Mein over Noodles Chateau Veggie Blend Peaches & Pears	Turkey Franks Baked Beans Butternut Squash Tropical Fruit
Chicken & Rice Soup Pickled Beets Spiced Peaches	Swedish Meatballs Egg Noodles Peas & Onions Peaches	Beef & Gravy over Rice Santa Cruz Veggie Mix Mangos	Pork Sloppy Joe over Rotini California Blend Fruit Cocktail	Baked Haddock Roasted Potatoes Asparagus w/Mustard Sauce Peaches

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