



December 2025

Meals on Wheels Menu
Androscoggin, Franklin, & Oxford Counties

THIS MENU IS SUBJECT TO CHANGE
 Low fat milk is included with each meal.
 A stick of Margarine & a loaf of Whole Wheat
 Bread will be sent out monthly.

Week 12/1 – 12/5	Week 12/8 – 12/12	Week 12/15 – 12/19	Week 12/22 – 12/26	Week 12/29 – 1/2
FRESH MEAL American Chop Suey Broccoli Peaches	FRESH MEAL Lobster Mac & Cheese Stewed Tomatoes w/Zucchini Spiced Pears	FRESH MEAL Glazed Ham Pineapple & Cherries Sweet Potato Brussel Sprouts Apple Crisp	FRESH MEAL Pork Egg Roll Bowl Brown Rice Stir-Fry Veggies Ginger Pineapple	FRESH MEAL Honey Mustard Chicken Roasted Potatoes Coleslaw Craisins
Fajita Chicken w/peppers & onions Rice Pinto Beans Tropical Fruit	Beef & Barley Stew Broccoli & Cauliflower Strawberries	Lemon Pepper Chicken Rice Pilaf Mixed Vegetables Mandarin Oranges	Spaghetti w/Meat Sauce Green Beans Peaches	French Toast Scrambled Eggs Parslied Carrots Mixed Berries
Cheese Omelet Sausage Link Hashbrowns Harvest Beets Mixed Berries	BBQ Pork Riblet Mashed Potatoes Three Bean Salad Applesauce	Shepard's Pie Spinach Tropical Cocktail	Fish Chowder w/ Oyster Crackers Peas Mango & Strawberries	Swiss Burger w/Mushroom Gravy Mashed Potatoes Spinach Pears
Baked Fish Roasted Potatoes Chateau Veggie Blend Oranges & Pineapple	Unstuffed Cabbage w/Ground Turkey & Rice Green Beans Fruit Cocktail	Seasoned Pork Loin Au Gratin Potatoes Corn Strawberries	Swedish Meatballs Egg Noodles Hubbard Squash Pears	Honey Garlic Pork Bites over Brown Rice Germany Veggie Mix Mandarin Oranges
Meatloaf w/Cheese Mashed Potatoes w/Gravy Carrots Fruit Cocktail	Chicken Cordon Blue Garden Rice Peas & Onions Sliced Apples	Fruit-filled Pancakes Scrambled Eggs Stewed Tomatoes Blueberries	Turkey Franks Baked Beans Dill Carrots Fruit Cocktail	Turkey & Rice Soup Pickled Beets Spiced Peaches

Social Dining Sites

Reservations Required for All Sites
To Reserve or Cancel a Meal
Call (207) 440-2374

There is no cost to participate.
Donations are voluntary and confidential. Giving a donation does not affect your receiving services.

AUBURN

Barker Mills Dining Site

143 Mill Street
Tuesdays – Twice a Month
Meals served at 11:30 a.m.
For Residents Only

Esplanade

20 Great Falls Plaza
Thursday – Once a Month
Meals served at 11:30 a.m.
For Residents Only

Heritage Court

71 Spring Street
Thursdays
Meals served at 12:00 p.m.
Open to Public

Lake Auburn Townhouse

74 Lake Auburn Ave
Mondays – Every Other Week
Meals served at 11:30 a.m.
Open to Public

Roak Block Apartments

156 Main Street
Wednesdays – Every Other Week
Meals served at 11:30 a.m.
For Residents Only

INDUSTRY

Industry Town Hall

1033 Industry Road
Every 3rd Thursday of the month
Meals served at 11:45a.m.
Open to Public

LEWISTON

Bates Street Housing

250 Bates Street
Thursdays -Every Other Week
Meals served at 10:30 a.m.
Open to Public

Blake Street Towers

70 Blake Street
Wednesdays
Meals served at 12:00 p.m.
For Residents Only

Meadowview Park Community Hall

23 Spofford Street
Tuesdays
Meals served at 11:30 a.m.
Open to Public

SeniorsPlus Education Center

8 Falcon Road
Tuesdays
Meals served at 11:45am.
Open to Public

Oak Park

10 Oak Street
Mondays
Grab/Go at 10:30am.
For Residents Only

Trinity Jubilee Center

Bates Street
Monday - Friday 11:30 a.m.
Special Menu – Grab and Go
Open to Public

WILTON

SeniorsPlus – Wilton Office

284 Main Street
Mondays - Every Other Week
Meals served at 11:30 a.m.
Open to Public