



January 2026

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 01/05 – 01/09	Week 01/12 – 01/16	Week 01/19 – 01/23	Week 01/27 – 01/31
FRESH MEAL Mushroom Cheddar Quiche w/Sausage Links Hashbrowns Stewed Tomatoes Blueberries	FRESH MEAL Turkey Tetrazzini Italian Veggie Blend Pineapple & Oranges	FRESH MEAL Shepard's Pie Broccoli Spiced Apples	FRESH MEAL Salsa Chicken Yellow Rice Mexican Corn & Beans Strawberries & Mango
BBQ Pulled Pork Baked Beans Corn Cinnamon Applesauce	Roasted Pork Mashed Potato w/Gravy Dill Carrots Mixed Berries	Chicken Burger w/Gravy Au Gratin Potatoes Diced Beets Tropical Fruit	Fruit Stuffed Pancakes Scrambled Eggs Stewed Tomatoes & Zucchini Mandarin Oranges
Teriyaki Chicken Breast Steamed Rice Peas & Carrots Fruit Cocktail	Seafood Chowder w/ Oyster Crackers Peas & Carrots Strawberries	Cheese Omelet w/Sausage Link Home Fries Carrots Apple Slices	Beef & Broccoli Wild Rice Cauliflower Ginger Pineapple
Lasagna Roll w/Meat Sauce Mixed Vegetables Tropical Fruit	Seasoned Chicken Breast Mashed Sweet Potato Peas & Onions Spiced Pears	Pork Lo Mein over Noodles Stir-Fry Veggies Peaches & Pears	Turkey Franks Baked Beans Butternut Squash Raspberry Applesauce
Meatballs & Gravy Egg Noodles Green Beans Peaches	Beef & Gravy over Rice California Blend Mango	Turkey Sloppy Joe over Rice Santa Cruz Veggie Blend Fruit Cocktail	Baked Fish Roasted Potatoes Brussel Sprouts 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