



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 Apartments

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

Esplanade

20 Great Falls Plaza
Thursdays – Twice 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 – Once a Month
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 at 11:15 a.m.
Special Menu – Grab and Go
Open to Public

RUMFORD

Rumford Island Housing

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

WILTON

SeniorsPlus – Wilton Office

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