



# 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

<b>Week 01/05 – 01/09</b>	<b>Week 01/12 – 01/16</b>	<b>Week 01/19 – 01/23</b>	<b>Week 01/27 – 01/31</b>
<b>FRESH MEAL</b> Mushroom Cheddar Quiche w/Sausage Links Hashbrowns Stewed Tomatoes Blueberries	<b>FRESH MEAL</b> Turkey Tetrazzini Italian Veggie Blend Pineapple & Oranges	<b>FRESH MEAL</b> Shepard's Pie Broccoli Spiced Apples	<b>FRESH MEAL</b> 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 3<sup>rd</sup> 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**