



April 2026

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 3/30 – 4/3	Week 4/6 – 4/10	Week 4/13 – 4/17	Week 4/20 -- 4/24	Week 4/27 – 5/1
FRESH MEAL Hawaiian Pulled Pork Over Rice Harvest Beets Mango	FRESH MEAL Beef & Broccoli over Brown Rice Stir-Fry Veggies Ginger Pineapple	FRESH MEAL Glazed Sliced Ham Au Gratin Potato Green Beans Spiced Apples	FRESH MEAL Lobster Mac & Cheese Stewed Tomatoes w/Zucchini Blueberries	FRESH MEAL Baked Chicken Breast w/Gravy & Stuffing Mixed Vegetables Strawberries
Beef & Gravy Mashed Potatoes Carrots Sliced Apples	Scrambled Eggs w/Cheese Home Fries Stewed Tomatoes Mandarin Oranges	Lemon Garlic Shrimp & Veggies over Pasta Roasted Rutabaga Peaches	Sweet & Sour Meatballs Steamed Rice Brussel Sprouts Pineapple	American Chop Suey Spinach Oranges & Pineapple
Fish Chowder w/ Oyster Crackers Brussel Sprouts Strawberries	Honey Mustard Chicken Mashed Sweet Potato Mixed Vegetables Raspberry Applesauce	Beef & Lentil Chili w/ Cheese Cheez-It Crackers Peas & Carrots Tropical Fruit	Roasted Pork Loin w/Gravy Mashed Potatoes Squash Cinnamon Applesauce	Breakfast Fried Rice Broccoli & Cauliflower Sliced Peaches
BBQ Meatloaf w/Cheese Roasted Potatoes Three Bean Salad Fruit Cocktail	Rotini w/ Meat sauce & Cheese Italian Veggie Blend Tropical Fruit	Salsa Chicken Cilantro Lime Rice Mexican Corn Mixed Berries	Broccoli Cheddar Baked Omelet Sausage Links Hashbrowns Cauliflower Mandarin Oranges	Turkey & Rice Soup Beets Mango & Raspberries
Chicken Parmesan Egg Noodles Dill Peas Pears	Honey Pork Bites Garden Rice Parslied Carrots Fruit Cocktail	Turkey Tetrazzini Capri Blend Veggies Oranges & Pineapple	Turkey Franks Baked Beans Peas & Onions Peaches & Pears	Baked Fish Sweet Potatoes Waxed Beans Spiced Pears

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