



May 2026 Menu

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 5/4 – 5/8	Week 5/11 – 5/15	Week 5/18 – 5/22	Week 5/25 -- 5/29
FRESH MEAL Chicken Fajita Mix Yellow Rice Pinto Beans Tropical Fruit	FRESH MEAL Pork Egg Roll Bowl w/Rice Peas & Carrots Mandarin Oranges	FRESH MEAL BBQ Chicken Breast Au Gratin Potatoes 3-Bean Salad Blueberries	FRESH MEAL Cottage Cheese & Fruit Plate Pasta Salad Pacific Veg. Blend
Tuna Casserole Stewed Tomatoes & Zucchini Pears	Burger w/ Swiss Cheese & Mushroom Gravy Mashed Potatoes Brussel Sprouts Strawberries	Pork Sloppy Joe over Noodles Dill Peas Sliced Apples	Lemon Chicken Garden Rice Spinach Cinnamon Applesauce
Beef Lo Mein Stir-Fry Veggies Ginger Pineapple	Chicken Bruschetta Penne Pasta Garlic Green Beans Mango & Blueberries	Chicken Burger w/Gravy Mashed Potatoes Key Largo Veg. Mix Fruit Cocktail	Philly Cheesesteak Pasta Capri Veg. Mix Peaches
Oven Roasted Pork Loin Scalloped Potatoes Beets Applesauce	Sliced Ham w/Fruit sauce Roasted Potatoes Squash Peaches & Pears	Unstuffed Peppers w/ Beef & Rice Green Beans Mandarin Oranges	Turkey & Squash Skillet Orzo Pasta Broccoli Mixed Berries
Stuffed Shell w/ Meat Sauce California Veg. Mix Spiced Peaches	Spinach & Feta Quiche Sausage Hashbrowns Stewed Tomatoes Fruit Cocktail	Turkey Franks Baked Beans Corn Pears	New England Baked Fish Roasted Potatoes Stewed Tomatoes Pineapple

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