



# Menu July 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.

<b>Week 6/29 – 7/3</b>	<b>Week 7/6 – 7/10</b>	<b>Week 7/13 – 7/17</b>	<b>Week 7/20 - 7/24</b>	<b>Week 7/27 – 7/31</b>
<b>FRESH MEAL</b> Hawaiian Pulled Pork Brown Rice Pickled Beets Tropical Fruit Salad	<b>FRESH MEAL</b> Chicken Salad Italian Style Rice Salad Coleslaw Strawberries	<b>FRESH MEAL</b> Turkey Egg Roll Bowl w/Rice Lima Beans Mixed Berries	<b>FRESH MEAL</b> Mushroom Cheddar Quiche w/Sausage Links Hashbrowns Stewed Tomatoes Blueberries	<b>FRESH MEAL</b> Seafood Salad Cheddar Goldfish Three Bean Salad Spiced Apples
Turkey a la King over Egg Noodles Corn Pears	Baked Spaghetti w/Beef Italian Veggie Mix Peaches	Ham Casserole w/Broccoli & Rice Key Largo Veggies Mandarin Oranges	Teriyaki Chicken Burger Rice Pilaf German Veggie Mix Mango & Raspberries	Meatballs & Gravy Mashed Potatoes Carrots Strawberries
Scrambled Eggs French Toast Broccoli Fruit Cocktail	Baked Fish Potatoes O'Brien Beets Cinnamon Applesauce	Stuffed Shell w/Meat Sauce Spinach Peaches	Shepard's Pie Brussel Sprouts Fruit Cocktail	Scrambled Eggs Fruit-Filled Pancake Capri Veggie Blend Pineapple & Oranges
Chicken Pesto Pasta Roasted Rutabaga Blueberries	Pork Cutlet w/Gravy Mashed Potato Green Beans Fruit Cocktail	Honey Mustard Chicken Tenders Au Gratin Potatoes Stewed Tomatoes Spiced Pears	Oriental Pork Fried Rice Broccoli Ginger Pineapple	Turkey Franks Baked Beans Stewed Tomatoes & Zucchini Pears
Beef Patty with Cheese Mashed Potatoes Brussel Sprouts Sliced Apples	Turkey Chili Mac w/Cheese Carrots Pineapples	BBQ Meatloaf w/Cheese Sweet Potatoes Peas & Onions Sliced Apples	Sloppy Joe over Rotini Butternut Squash Tropical Fruit	Chicken Supreme Penne Dill Peas Peaches & 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 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**