



August 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 8/3 - 8/7	Week 8/10 - 8/14	Week 8/17 - 8/21	Week 8/24 - 8/28
FRESH MEAL Creamy Mushroom Chicken Pasta Capri Veggie Mix Mandarin Oranges	FRESH MEAL Hashbrown Casserole Stewed Tomato & Zucchini Blueberries	FRESH MEAL Lobster Mac & Cheese Key Largo Veggies Mango & Raspberries	FRESH MEAL Honey Garlic Pork Bites Mashed Potatoes California Veggie Blend Spiced Pears
Pork Riblet w/ Gravy Mashed Potato Beets Fruit Cocktail	Baked Ziti w/Cheese & Meat Sauce Wax Beans Peaches	Turkey Franks Baked Beans Three Bean Salad Sliced Apples	Baked Fish Rice Pilaf Dill Peas Fruit Cocktail
Turkey Pot Pie Brussel Sprouts Peaches & Pears	Shepherd's Pie Broccoli Pineapple & Oranges	Beef & Broccoli Brown Rice Carrots Mixed Berries	Cheese Omelet w/Sausage Hash browns Stewed Tomatoes Mandarin Oranges
Sweet & Sassy Chicken Wild Rice Spinach Tropical Fruit	BBQ Pulled Chicken Roasted Potatoes Carrots Strawberries	Chicken & Spinach Alfredo Bake Beets Spiced Peaches	Chicken Lo Mein Stir-Fry Veggies Ginger Pineapple
Meatballs & Gravy over Egg Noodles Corn Spiced Apples	French Toast Sticks Scrambled Eggs Green Beans Pears	Oven Roasted Pork Loin with Gravy Mashed Potatoes Spinach Fruit Cocktail	American Chop Suey Roasted Rutabaga Applesauce

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