



September 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 8/31 - 9/4	Week 9/7 - 9/11	Week 9/14 - 9/18	Week 9/21 - 9/25	Week 9/28 - 10/2
Fajita Chicken Over Rice Corn & Peppers Fruit Cocktail	FRESH MEAL Lemon Garlic Shrimp & Veggies over Pasta Brussel Sprouts Oranges	FRESH MEAL Lasagna Roll-Up w/Meat Sauce Green Beans Mango & Blackberries	FRESH MEAL BBQ Pork Loin Baked Beans Coleslaw Peaches	FRESH MEAL Meatballs and Rotini with Marinara Broccoli Pears
Turkey & Squash Skillet Orzo Pasta Green Beans Strawberries	Turkey Franks Baked Beans Carrots Pears	Cheeseburger Casserole German Veg. Mix Peaches & Pears	Raspberry Chicken Garden Rice Broccoli & Cauliflower Applesauce	Turkey Chili Cheez-Its Scandinavian Veg. Mix Spiced Peaches
Beef Stroganoff Egg noodles Mixed Vegetables Cinnamon Apples	Teriyaki Pork Fried Rice Stir-Fry Veggies Applesauce	Chicken Burger w/Gravy Rice Pilaf Carrots Sliced Apples	Cheese Omelet w/Sausage Hashbrown Green Beans Fruit Cocktail	Sweet & Sour Pork Steamed Rice Peas & Onions Mango
BBQ Pork Riblet Mashed Sweet Potato Peas & Carrots Peaches	Chicken Pesto Pasta Italian Veggie Mix Mixed Berries	Spinach, Mushroom & Cheddar Quiche Home Fries Stewed Tomatoes Mandarin Oranges	Tuna Casserole Beets Pineapple	Scrambled Eggs French Toast Sticks Carrots Mixed Berries
Lobster Stew w/Oyster Crackers Hubbard Squash Blueberries	Beef & Gravy over Mashed Potatoes Beets Tropical Fruit	Turkey & Broccoli Alfredo Over Rotini Capri Veg. Mix Fruit Cocktail	Swiss Burger w/Mushroom Gravy Egg Noodles Mixed Vegetables Spiced Pears	Seasoned Chicken Breast w/Gravy Stuffing Cream-style Corn Pineapple & Oranges

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