SeniorsPlus

November 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 11/2 – 11/6	Week 11/9 – 11/13	Week 11/16 – 11/20	Week 11/23 – 11/27
FRESH MEAL Fish Chowder Oyster Crackers Germany Veggies Fruit Cocktail	**FRESH MEAL** Creamy Lemon Chicken w/Bowtie Pasta Zucchini Oranges & Pineapple	**FRESH MEAL** Roasted Turkey Mashed Potatoes Stuffing w/Gravy Green Beans Strawberry Shortcake	**FRESH MEAL** Hawaiian Pulled Pork over Rice Waxed Beans Mangoes
Salisbury Steak w/Gravy Over Egg Noodles Diced Beets Peaches	Spinach & Feta Quiche Sausage Links Hashbrowns Stewed Tomatoes Tropical Fruit	Lasagna Roll w/Meat Sauce Italian Veggie Blend Pineapple	American Chop Suey Parslied Carrots Fruit Cocktail
Scrambled Eggs French Toast Broccoli Fruit Cocktail	Breaded Pollock w/Cheese Rice Pilaf Hubbard Squash Fruit Cocktail	BBQ Chicken Breast Pinto Beans Corn & Peppers Sliced Apples	Turkey Franks Baked Beans Peas & Onions Strawberries
Honey Mustard Tenders Mashed Sweet Potato Corn Mixed Berries	Mexican Beef Pie Spanish Rice Mango & Blueberries	Honey Garlic Meatballs Wild Rice Beets Peaches & Pears	Sweet & Sour Pork Bites Fried Rice Stir-Fry Veggie Blend Ginger Pineapple
Roasted Pork Loin Mashed Potatoes w/Gravy Mixed Vegetables Cinnamon Applesauce	Sloppy Joe over Mashed Potatoes Dill Carrots Spiced Pears	Fruit-stuffed Pancakes Scrambled Eggs Peas & Carrots Blueberries	Baked Fish Roasted Potatoes Brussel Sprouts Tropical Fruit

Monthly Nutrition Education Topic: Sweet Potatoes

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 – Twice 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

LEWISTON

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 Encompass Center
14 Mollison
Tuesdays & Thursdays
Meals served at 11:45am.
Open to Public

Oak Park
10 Oak Street
Mondays
Meals served at 11:30am.
For Residents Only

WILTON

SeniorsPlus – Wilton Office
284 Main Street
Mondays - Every Other Week
Meals served at 11:30 a.m.
Open to Public

Updated 10/15/2026