SeniorsPlus

December 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 11/30 – 12/4	Week 12/7 – 12/11	Week 12/14 – 12/18	Week 12/21 – 12/25	Week 12/28 – 1/1
Shepard's Pie Broccoli Peaches	Lobster Mac & Cheese Stewed Tomatoes w/Zucchini Spiced Pears	**FRESH MEAL** Glazed Ham Fruit Cocktail Sweet Potato Brussel Sprouts Apple Crisp	**FRESH MEAL** Pork Egg Roll Bowl Brown Rice Stir-Fry Veggies Ginger Pineapple	**FRESH MEAL** BBQ Chicken Scalloped Potatoes Coleslaw Craisins
Fajita Chicken w/peppers & onions Rice Pinto Beans Tropical Fruit	Beef & Barley Stew Broccoli & Cauliflower Mango	Lemon Pepper Chicken Rice Pilaf Mixed Vegetables Mandarin Oranges	Chicken Bruschetta Green Beans Peaches	French Toast Scrambled Eggs Parslied Carrots Mixed Berries
Cheese Omelet Hashbrowns Harvest Beets Mixed Berries	BBQ Pork Riblet Mashed Potatoes Three Bean Salad Applesauce	Cheeseburger Casserole Spinach Tropical Fruit	Baked Fish Roasted Potatoes Chateau Veggie Blend Oranges	Swiss Burger w/Mushroom Gravy Mashed Potatoes Spinach Pears
Seasoned Pork Loin Au Gratin Potatoes Corn Strawberries	Unstuffed Cabbage w/Ground Turkey & Rice Green Beans Fruit Cocktail	Jambalaya Cornbread Blueberries	Swedish Meatballs Egg Noodles Hubbard Squash Pears	Honey Garlic Pork Bites over Brown Rice Germany Veggie Mix Tropical Fruit
Meatloaf w/Cheese Mashed Potatoes w/Gravy Carrots Fruit Cocktail	Chicken Spinach Alfredo Bake Peas & Onions Strawberries	Fruit-filled Pancakes Scrambled Eggs Stewed Tomatoes Pineapple	Turkey Franks Baked Beans Dill Carrots Fruit Cocktail	Turkey & Rice Soup Pickled Beets Spiced Peaches

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