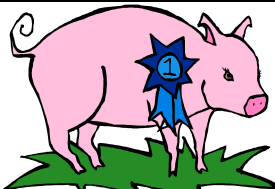


Monday	Tuesday	Wednesday	Thursday
<p><b>Baked Salmon Fillet 2</b> w/Dill Sauce, Red Skinned Potatoes, Peas &amp; Onions, Goldfish, Fresh Fruit, Dinner Roll, Pudding</p>	<p><b>Macaroni &amp; Cheese 3</b> w/Turkey Hot Dogs, Cole slaw, Mixed Vegetables, Fruit Cocktail, Wheat Roll, Cookie</p>	<p><b>Stuffed Pancakes w/Apples 4</b> Sausage links, Roasted Potatoes, Spiced Pears, Corn Muffin, Fresh Fruit, Chocolate Cake</p>	<p><b>Salisbury Steak 5</b> w/Mushroom sauce, Mashed Potatoes, Carrots, Bread, Grahams, Sliced Pears, Fruit Crisp</p>
<p><b>BBQ Pork Pattie 9</b> Egg noodles, Wheat Roll, Carrots, Applesauce, Sliced Peaches, Jungle Crackers, Rice Pudding</p>	<p><b>Baked Shepherd's Pie 10</b> Pickled Beets, Sweet Corn, Spiced Apples, Sliced Bread, Animal Crackers, Fresh Baked Scone</p>	<p><b>Chicken a la King 11</b> Savory Rice, Mixed Vegetables, Rye Bread, Sliced Pears, Fresh Fruit, Ritz Crackers, Baked Cookie</p>	<p><b>Beans &amp; Franks 12</b> Wheat Bread Stick, Broccoli, L.S. Crackers, Fruit Cocktail, Blueberry Crumb Cake</p>
<p><b>Chicken Nuggets 16</b> Mashed Potatoes, Mexican Corn, Bread Stick, Goldfish, Fresh Fruit, Chocolate Chip Cookie</p>	<p><b>Cheese Lasagna Roll 17</b> Meat Sauce, Spiced Pears, Wheat Bread Stick, Grahams, Brussel Sprouts, Strawberry Pudding Cake</p>	<p><b>Batter Baked Fish 18</b> Cheese sauce, Brown Rice, Brussel Sprouts, Sliced Bread, Chunky Applesauce, Wheat Crackers, Pudding</p>	<p><b>August Special Meal 19</b>  <b>SPECIAL MENU</b> <b>"County Fair Feast"</b> <b>\$6.00 Requested Donation</b> <b>Reservations please!</b></p>
<p><b>Baked Ham Steak 23</b> Pineapple, Scalloped Potatoes, Green Beans, Apricots, Wheat Rye Bread, Apple Crumb Cake</p>	<p><b>American Chop Suey 24</b> Bean Medley, Hot Spiced Peaches, Pasta Salad, Fresh Fruit, Goldfish, Brownie</p>	<p><b>Smothered Beef &amp; Onions 25</b> Buttered Noodles, Green Peas, Fresh Fruit, Sliced Bread, Grahams, Fruit Jello</p>	<p><b>Pork Chop Suey 26</b> White Rice, Oriental Vegetables, Tropical Fruit Salad, Bread, Fortune Cookie, Lemon Cake</p>
<p><b>Meatloaf w/Gravy 30</b> Mashed Potatoes, Green Peas, Fruit Cocktail, Dinner Roll, L.S. Crackers, Brownie</p>	<p><b>Seafood Newburg 31</b> Over Pasta, Green Beans, Sliced Bread, Buttered Carrots, Tropical Fruit Salad, Whole Grain Mini Cookies</p>		<p><b>"County Fair Feast"</b> Grilled Sweet Sausages with Peppers &amp; Onions ~ Vegetarian Chili con Carné ~ Oven Fried Potatoes ~ Green Beans w/Red Onions ~ Burger Roll ~ Old Fashioned Macaroni Salad ~ Corn Muffin ~ Mom's Apple Pie</p>



**SAVE OUR SENIORS**

**Requested Donation is \$3.00 per meal**  
**Your donation helps so no senior goes hungry.**

**LunchPlus Cafes**



**AUBURN**

**Heritage Court**  
Thursdays – 11:30 a.m.  
**Reservations – 786.2125 or 784.0142**

**The Auburn Townhouse**  
Wednesdays – 11:30 a.m.  
**Reservations – 783.6625**

**BUCKFIELD**

**Nezinscot Village**  
Wednesdays – 11:15 a.m.  
**Reservations 336-2713**

**FARMINGTON**

**Old South Congregational Church**  
Thursdays – 12 noon  
**Reservations – 778-0424 option #5**

**LEEDS**

**Spring Rock Park Apartments**  
Tuesdays – 11:30 a.m.  
**Reservations – 946-4476**



**LEWISTON**

**CMMC Cafeteria (New Site)**  
300 Main Street  
Vouchers 1-800-427-1241  
**Or Mobile Van**

**Meadowview**

Tuesdays & Thursdays – 11:30 a.m.  
**Reservations – 795.4094**

**Multi-Purpose Center**

Wednesdays – 11:30 a.m.  
**Reservations – 795.4094**



**LISBON FALLS**

**MTM Community Center**  
Wednesdays – 11:30 a.m.  
**Reservations – 353.2289**

**LIVERMORE FALLS**

**Chuck Wagon Restaurant**  
2 Depot Street  
Vouchers 1-800-427-1241  
**Or Mobile Van**

**NORWAY (New Site)**

**Second Congregation Church**  
Tuesdays – 12 noon  
**Reservations 1-800-427-1241**

**RANGELEY**

**Townhouse Apartments**  
Monday – Friday 11:30  
Special Menu  
**Reservations 864-3986**

**RUMFORD**

**Muskie Center**  
Thursdays – 11:30 a.m.  
**Reservations – 1-800-427-1241**

**TURNER**

**Boofy Quimby Memorial Hall**  
Tuesdays – 11:30 a.m.  
**Reservations – 225-3501**

**WILTON**

**Masonic Lodge - Bryant Road**  
Monday thru Thursday – 12 noon  
**Reservations 1-800-427-1241**

**Wild for Nuts**

We have all had a love/hate relationship with nuts over the years. Nuts, once the darling of recipes, were later shunned as high fat and high calorie indulgences.

*~ Well, nuts are back in vogue! ~*

Nuts add flavor, texture and yes; *Nutrition* to recipes. True, they are high in fat and calories, averaging 160-200 calories and 17 grams of fat in a one ounce serving, but it's a healthy monounsaturated fat. Nuts are good sources of vitamins, minerals, carbohydrates and fiber.

Nuts are the seeds or dried fruit of trees. They can be processed for many uses. We currently use nuts as butters, flours, oils etc. They can be added to any recipe. Studies suggest the nutrients from nuts like almonds, pecans, walnuts and others can be protective against many chronic diseases.

So, indulge a little with nuts. For the record, peanuts are not a nut. They're a legume, like dried beans.

*Robin Andrews, DTR/LDT  
Dining Site Team Leader  
Seniors Plus*

**Please call SeniorsPlus ~ 795-4010 or 1-800-427-1241**

~ About eligibility for Meals on Wheels ~ When you need other services  
~ For questions about meals ~ If you won't be home for delivery  
~ To cancel or resume Meals on Wheels

**Requested Donation of  
\$3.00 per meal. Your donation make  
sure no Senior goes hungry!**