

Monday	Tuesday	Wednesday	Thursday
 HAPPY BIRTHDAY, AMERICA	 	<p style="text-align: right;">1</p> Baked Tuna Casserole Broccoli Cuts, Beets, Cornbread, Margarine, Fresh Fruit Home-baked Cookie	<p style="text-align: right;">2</p> Pork Stir Fry with Vegetables Steamed Rice, Dinner Roll, Margarine, Spiced Apples, Strawberry Pudding Cake
<p style="text-align: right;">6</p> Salisbury Steak w/Mushroom Sauce, Roasted Potatoes, Buttered Carrots, Bread, Margarine, Goldfish, Tropical Fruit	<p style="text-align: right;">7</p> Chicken Chop Suey Brown Rice, Spinach, Fresh Fruit, Wheat Roll, Margarine Oatmeal Raisin Cookie	<p style="text-align: right;">8</p> Beef Pot Pie w/Vegetables Brussel Sprouts, Fresh Baked Biscuit, Margarine, Graham Crackers, Fruit Cocktail, Peach Crisp	<p style="text-align: right;">9</p> Pasta w/ Meatballs & Marinara Sauce Italian Vegetable Blend, Bread Stick, Margarine, Fresh Fruit, Chocolate Brownie
<p style="text-align: right;">13</p> Spanish Rice w/Shrimp & Sausage Fresh Fruit, Dinner Roll, Margarine, Spiced Pineapple, Green Beans, Vanilla Pudding	<p style="text-align: right;">14</p> Baked Fish Seasoned Red Potatoes, Peas & Onions, Bread, Margarine, Pineapple Chunks, Fruit Crisp	<p style="text-align: right;">15</p> Barbecue Pork Pattie Sweet Potato, Chuck Wagon Corn, Bread, Margarine, Goldfish, Home-style Ginger Cookie	<p style="text-align: right;">16</p> Chicken a la King Steamed Rice, Rye Bread, Margarine, Green Beans, Fruit Cocktail, Maine Blueberry Cake
<p style="text-align: right;">20</p> Baked Ham Steak Scalloped Potatoes, Peas & Carrots, Dinner Roll, Margarine, Fresh Fruit, Banana Pudding	<p style="text-align: right;">21</p> New England Baked Beans with Hot Dogs, Dinner Roll, Margarine, Brussel Sprouts, Fresh Fruit, Chocolate Pudding Cake	<p style="text-align: right;">22</p> Baked Fish w/seafood stuffing Mornay sauce, Rice pilaf, Vegetable Blend, Cornbread, Margarine, Sliced Peaches, Lemon Cake	<p style="text-align: right;">23</p> Beef Stroganoff Egg noodles, Biscuit, Margarine, Buttered Carrots, Assorted Fruit, Pumpkin Chocolate Chip Cookie
<p style="text-align: right;">27</p> Baked Chicken Nuggets Roasted Potatoes, Spinach, Dinner Roll, Margarine, Pineapple Chunks, Chocolate Chip Cookie	<p style="text-align: right;">28</p> Braised Beef w/Vegetables Buttered Noodles, Biscuit, Margarine, Sautéed Squash, Sliced Pears, Vanilla Pudding	<p style="text-align: right;">29</p> Pork Stir Fry Steamed Rice, Green Beans, Wheat Bread, margarine, Goldfish, Banana, Oatmeal Raisin Cookie	<p style="text-align: right;">30</p> Baked Fish w/Dill Sauce Brown Rice, Succotash, Cornbread, Margarine, Fruit Cocktail, Cake with Icing

Requested Donation is \$3.00 per meal. Thank you!

Lunch Plus Cafes

AUBURN

Heritage Court

Thursdays – 11:30 a.m.

Reservations – 512-7422

The Auburn Townhouse

Wednesdays – 11:30 a.m.

Reservations – 795-4094

BUCKFIELD

Nezinscot Village

Wednesdays – 11:30 a.m.

Reservations 336-2713

FARMINGTON – New Site

Old South Congregational Church

Thursdays – 11:45 a.m.

Reservations – 778-0424 option #5

LEEDS

Spring Rock Park Apartments

Tuesdays – 11:30 a.m.

Reservations – 946-4476

LEWISTON

Meadowview

Tuesdays & Thursdays – 11:30 a.m.

Reservations – 1-800-427-1241

Multi-Purpose Center

Wednesdays – 11:30 a.m.

Reservations – 795-4094

LISBON FALLS

MTM Community Center

Wednesdays – 11:30 a.m.

Reservations – 212-4938 or 240-3623

LIVERMORE FALLS

Chuck Wagon Restaurant

2 Depot Street

Livermore Falls

Vouchers 1-800-427-1241

RUMFORD

Community 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 – New Site

Masonic Lodge - Bryant Road

Monday through Thursday – 12 noon

1-800-427-1241

**Your donations
really help
Thank You!**



**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



Planting the Seeds of Wellness Gardening Part II

Gardening provides many health benefits. Gardening increases muscle strength and flexibility to strengthen our bodies and bones. When we garden, we are one with the outdoors, sincere and calm, which helps reduce stress and boosts the immune system. This makes gardening one of the top exercises for older adults.

Besides the benefits of strength and relaxation, gardening allows us to indulge in the rich bounty of fresh seasonable fruits & vegetables. Garden fresh fruits and vegetables are at their peak for flavor and nutrients. Research continues to suggest & support diets rich in brightly colored fruits and vegetables may help reduce the risk of many chronic diseases like Heart disease, Diabetes, and certain Cancers.

From the sense of achievement in growing one's own produce, having fresh produce at a reasonable cost on our fixed budgets, to the growing trend of "going green" for the environment, it's easy to see gardening fits into every aspect of our overall health and wellness.

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

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