



July 2022

Meals on Wheels Menu
In Androscoggin, Franklin, & Oxford Counties

****MENU IS SUBJECT TO CHANGE****
Low fat milk is included with each meal
Whole wheat or whole rain loaf given monthly

7/4-7/8	7/11-7/15	7/18-7/22	7/25 - 7/29
Macaroni & Cheese Diced Carrots Fruit Cocktail	Pepper Steak Roasted Potatoes Lima Beans Cranberry Sauce & Peaches	Beef Fajita Wrap Black Bean & Corn Salad Fresh Fruit	Chicken Caesar Salad Pickled Beets Bread Sticks Peaches
Stuffed Cabbage Mixed Vegetables Strawberries	BBQ Chicken Mashed Potato Peas Peaches	Pork Cutlet Scallop Potato Carrots Fruit Cocktail	Sloppy Joe Over White Rice Carrots Baked Apples
Curry Chicken Casserole Green Beans Ginger peaches	Honey Pork Hawaiian Style Rice Broccoli Pineapple	Cheese Lasagna Green Beans Tropical Fruit	Cheese Rollup w/ Turkey Meatballs Spinach Mandarin Oranges
Turkey Corn Dogs Tater Tots Chef Blend Tropical Fruit	Beef Hot Dogs w/ Baked Beans Beets Pears	Sweet & Sour Meatballs Mandarin Oranges Brown Rice Sonoma Vegetable Blend	Sliced Ham w/ Fruit Sauce Asparagus Fruit Cocktail Mashed Sweet Potato
Meatballs with Gravy Sweet Potato Peas & Onions Pears	Waffles & Turkey Sausage Stewed tomatoes Blueberries	Fish Nuggets Squash Broccoli & Cauliflower Strawberries	Shrimp Tortellini Zucchini Spiced Pears

Social Dining Sites

LEWISTON

Blake Street Towers

70 Blake Street

Mondays, Tuesdays, Wednesdays

11:15 am

Reservations 1-800-427-1241

Meadowview

23 Spofford Street

Tuesdays & Thursdays – 11:30 am

Reservations – 1-800-427-1241

Oak Park Apartments

10 Oak Street

Mondays thru Thursdays – 11:30 am

Reservations – 1-800-427-1241

Trinity Jubilee Center

Bates Street

Mondays and Fridays 11:30 am

Special Menu

Reservations – 1-800-427-1241

NORWAY

Progress Center

Cottage Street

Tuesdays 11:30 am

Thursdays 4:30 pm-6 pm

Special Menu

Reservations – 1-800-427-1241



SeniorsPlus is the Area Agency on Aging and Aging and Disability Resource Center for Androscoggin, Franklin and Oxford Counties. Since 1972 SeniorsPlus has provided information and services to older adults. SeniorsPlus is grateful for your tax-deductible contributions, bequest and memorial gifts. We also welcome valuable donations of time to serve as a volunteer with us.

SeniorsPlus is dedicated to enriching the lives of seniors and can be found on the Internet at www.seniorsplus.org



Participating Locations:

Chuck Wagon Restaurant 207-897-4031

2 Depot Street, Livermore Falls 04254

Vouchers accepted 11am until closing

Closed Mondays

GrantLee's Tavern & Grill 207-778-0809

476 Fairbanks Road, Farmington, 04976

Vouchers accepted Wednesday-Friday 11am to 4pm

Closed Mondays & Tuesdays

Market Square Restaurant 207-743-3911

24 Market Square, South Paris 04291

Vouchers accepted 11am until closing

Vouchers available at SeniorsPlus 8 Falcon Road,
Lewiston, United Way 214 Fairbanks Road
Farmington and Livermore Distribution for the
requested donation of \$6.00 ~ 1.800.427.1241