



Meals on Wheels

AgeSpan delivers more than 990,000 meals annually to **28 cities and towns** in the Merrimack Valley and North Shore. The program provides adults 60 and older and qualified individuals with disabilities in our service area with a meal delivered to their door, **five days a week**.

Meal Choices

We offer **10 types of meals**, including medically tailored meals for health conditions like diabetes, heart and kidney disease, texture modified meals, and culturally appropriate meals for those who prefer a Latino or Chinese diet.

Service Area

Amesbury	Haverhill	North Andover
Andover	Lawrence	Peabody
Billerica	Lowell	Rowley
Boxford	Marblehead	Salisbury
Chelmsford	Merrimac	Salem
Danvers	Methuen	Tewksbury
Dracut	Middleton	Tyngsboro
Dunstable	Newbury	Westford
Georgetown	Newburyport	West Newbury
Groveland		

Testimonials

"I enjoy the daily visit and the easy lunch preparation for me. Such nice staff."

– Salem resident

"I am 95 years old the meals give me a variety of food and really help me."

– Lowell resident

"I feel healthy and it's nice to see a friendly face."

–Billerica resident

"I get a well-balanced diet."

– Methuen resident

Explore more online!

Scan the QR code to visit our nutrition and meal services webpage.



Meals on Wheels

Menu Options

Explore a wide variety of delicious meals meeting various cultural and dietary needs.



Asian

Miso Salmon with Coconut Rice and Vegetables

Dinner Roll, Fruit, and Milk

Latino

Beef Fajita, Black Beans, Spanish Rice, Tortilla

Cupcake, and Milk

Regular Menu

Cheese Lasagna with Tomato Sauce, Zucchini and Summer Squash

Garlic Roll, Pudding, and Milk

Cold Supper

Turkey Waldorf Salad, Garden Salad, Potato Salad

Oat Bread, Gelatin, and Juice

Cardiac Diabetic

Honey Lime Chicken with Mashed Potato and Garlic Kale

Fruit, Whole Wheat Bread, and Milk

Low Lactose

BBQ Pulled Pork with Sweet Potato Tater Tots

Corn, Burger Bun, Mandarin Oranges, and Lactaid Milk