

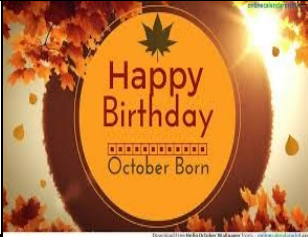


Meals on Wheels October 2020 Delivery



MARION POLK FOOD SHARE
MEALS ON WHEELS



Weeks	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Week 1</u> Oct. 1-2				Beet Salad Swedish Meatballs Egg Noodles Peas & Carrots Bread, Brownie	Confetti Salad Spaghetti W/ Meat Sauce Italian Veg Sourdough Bread Grapes
<u>Week 2</u> Oct. 5-9	Cole Slaw Baked Fish or Chicken Baby Reds Chuck Wagon Corn Dinner Roll Jell-O	Beet Salad Cheese Ravioli Brussel Sprouts Dinner Roll Pudding	Asian Salad Chicken Fried Rice Sugar Snap Peas Spring Rolls Oranges Fortune Cookie	Kale & Broccoli Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Peach Cobbler	House Salad Herb Roasted Chicken Mashed Potato Brussel Sprouts Rosemary Bread Mixed Fruit
<u>Week 3</u> Oct. 12-16	Three Bean Salad Tuna Casserole or Chicken Casserole Italian Veg Dinner Roll Jell-O	Potato Salad BBQ Riblet or Chicken Red Potatoes Mixed Veg Sourdough Bread Pears	Mexi-Slaw Chicken Enchilada Mixed Veg Chips & Salsa Oranges	House Salad Pot Roast Green Beans Dinner Roll Fruit Cocktail	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie
<u>Week 4</u> Oct. 19-23	House Salad Baked Salmon or Chicken Rice Pilaf Italian Veg Dinner Roll Birthday Cake	Three Bean Salad Cheese Tortellini Broccoli Sourdough Bread Pudding	House Salad Salisbury Steak Mashed Potato Green Beans Dinner Roll Pears	Corn & Tomato Salad Beef Stroganoff Green Beans Dinner Roll Angel Food Cake	House Salad Honey Dijon Chicken Brown Rice Mixed Veg Dinner Roll Mixed Fruit
<u>Week 5</u> Oct 26-30	Cole Slaw Baked Fish or Chicken Baby Reds Chuck Wagon Corn Dinner Roll Jell-O	Three Bean Salad Chicken Casserole Italian Veg Sourdough Bread Pudding	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Beet Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Apple Crisp	Peas & Cheese Herb Roasted Chicken Red Potatoes Brussel Sprouts Rosemary Bread Pears

Meals on Wheels Office 503-364-2856

Meals on Wheels Program Reminders

*** If you won't be home to accept deliveries and wish for drivers to leave food in a cooler please call the office to let us know 503-364-2856.**

***Billing is sent out around the 15th of the month and due by the 30th. If you have questions about your bill please call the office at 503-364-2856**

***Delivery window for meals is between
10:30 am. and 1:00 pm.**

**PLEASE WAIT UNTIL 1:00 PM TO CALL IF
YOU NEED TO CHECK ON THE STATUS OF
YOUR MEAL.**

In Oregon, adults age 60+ are using SNAP to buy healthy food. Are you? Learn about *SNAP*, a free program that could give a larger budget for buying food! It is easy to apply and simple to use. You would get an *Oregon Trail Card*, which works like a debit card and you can designate someone you trust to be an Authorized Representative, allowing them to use your SNAP card to purchase your food for you. Call *Northwest Senior & Disability Services* at 503) 304-3420 to get safe and secure information or to get help with the application process.

October 2020



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