



# Meals on Wheels Delivery January 2021

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> Jan 1	<b>*NEW: Window for meal delivery is between 10:30 am. and 12:30 pm.</b>				<b>NO DELIVERY</b> 
<b>Week 2</b> Jan 4-8	Beet Salad Swedish Meatballs Italian Veg Dinner Roll Angel Food Cake	Confetti Salad Salisbury Steak Mashed Potato Italian Veg Dinner Roll Apple Crisp	Mexi-Slaw Chicken Enchiladas Peas & Carrots Chips & Salsa Oranges	Beet Salad Beef Stroganoff Green Beans Rosemary Bread Mixed Fruit	House Salad Herb Roasted Chicken Baby Red Potatoes Broccoli, Dinner Roll Pears
<b>Week 3</b> Jan 11-15	Peas & Cheese Baked Fish or Chicken Tater Tots, Broccoli Dinner Roll Jell-O	Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Peas & Cheese Sloppy Joes Tater Tots Italian Veg Hamburger Bun Mixed Fruit	Asian Slaw Chicken Stir-Fry Brown Rice Broccoli, Oranges Fortune Cookie <b>+Frozen for 01/18</b>	Broccoli Kale Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Pears
<b>Week 4</b> Jan 18-22	<b>NO DELIVERY</b> 	Carrot Raisin Salad Chili Con Carne Brown Rice Broccoli Corn Bread Jell-O	Asian Slaw Chicken Fried Rice Spring Roll Sugar Snap Peas Mandarin Oranges Fortune Cookie	House Salad Herb Crusted Chicken Mashed Potato Green Beans Dinner Roll Brownie	Caesar Salad Spaghetti W/ Meat Sauce Italian Veg Sourdough Bread Pears
<b>Week 5</b> Jan 25-29	Coleslaw Grilled Salmon or Chicken, Rice Pilaf Green Beans Dinner Roll Birthday Cake	Three Bean Salad Chicken Parmesan Brussel Sprouts Rosemary Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pears	House Salad Honey Dijon Chicken Baby Red Potatoes Broccoli, Dinner Roll, Pears	Broccoli Kale Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Pears



MARION POLK FOOD SHARE

**MEALS ON WHEELS**



**Meals on Wheels Office 503-364-2856**

## Meals on Wheels Program Reminders

### \*January Closures:

**Friday, January 1st, New Years Day**

**Monday, January 18th, MLK Day**

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**\*If you are not going to be home and/or need to suspend or stop your meals please call the office at 503-364-2856**

**\*Delivery window for meals is between**

**10:30 am. and 12:30 pm.**

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



**Help yourself while helping the local economy!**

SNAP is a free program that helps you with your food expenses, allowing you to eat better! Your food purchases support jobs at food processors, grocery stores, and local agriculture. SNAP brings more than \$1 billion federal food dollars into Oregon each year. You benefit, the economy benefits.

Call 211 or North West Senior & Disability Services at (503) 304-3420 to get safe and secure information about SNAP.



# January



MARION POLK FOOD SHARE

## MEALS ON WHEELS

**January is National Hobby Month**

**Questions? Concerns? Comments?**

**We would love to hear from you!**

**Give us a call at 503-364-2856**