

Meals on Wheels February 2021 Delivery Menu



Because no one
should go hungry



MARION POLK FOOD SHARE
**MEALS ON
WHEELS**



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Feb 1-5	Peas & Cheese Baked Fish or Chicken, Tater Tots Brussel Sprouts Dinner Roll Jell-O	Confetti Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Beet Salad Honey Dijon Chicken Brown Rice Italian Veg Dinner Roll Pears	House Salad Salisbury Steak Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Mandarin Oranges Fortune Cookie
Week 2 Feb 8-12	Potato Salad Baked Fish or Chicken Red Potatoes Corn, Dinner Roll Brownie	Broccoli Kale Salad Spaghetti w/ Meat Sauce Italian Veg Sourdough Bread Pudding	Coleslaw Sloppy Joes Tater Tots Green Beans Hamburger Bun Angel Food Cake	Broccoli Kale Salad Chicken Casserole Green Beans Sourdough Bread Pears + frozen for 02/15	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans, Roll Mixed Fruit
Week 3 Feb 15-19	PRESIDENT'S DAY NO DELIVERIES	Carrot Raisin Salad Chili Con Carne Brown Rice Peas & Carrots Corn Bread Jell-O	Asian Slaw Chicken Fried Rice Spring Roll Sugar Snap Peas Mandarin Oranges Fortune Cookie	Peas & Cheese Swedish Meatballs Egg Noodles Brussel Sprouts Rosemary Bread Pears	Potato Salad BBQ Chicken Baked Beans Italian Veg Dinner Roll Fruit Cocktail
Week 4 Feb 22-26	Coleslaw Baked Fish or Chicken Tater Tots, Broccoli Dinner Roll Birthday Cake	Three Bean Salad Chicken Parmesan Egg Noodle Italian Veg Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pears	Beet Salad Honey Dijon Chicken, Rice Italian Veg Dinner Roll Fruit Cocktail	House Salad Beef Stroganoff Mixed Veg Dinner Roll Brownie

Meals on Wheels Office 503-364-2856



Meals on Wheels Program Reminders

****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**

***A frozen meal will be delivered on Thursday Feb. 11th to cover for President's Day closure on Monday, Feb. 15th**

***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.

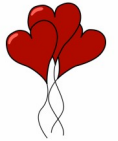
In Oregon, adults age 60+ are using SNAP to buy healthy food. Are you?

Learn about SNAP, a free program that could give you a larger budget for buying food! It is simple to use and easy to apply. You would get an Oregon Trail Card, which works like debit card and you can designate someone you trust to be an Authorized Representative, allowing them to use your SNAP card to purchase food for you.

Call North West Senior & Disability Services at (503) 304-3420 to get safe and secure information or to get help with applying.

February

2021



MARION POLK FOOD SHARE
MEALS ON WHEELS

