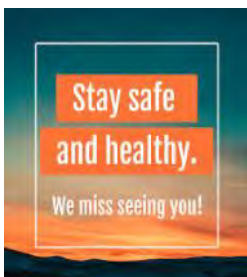





Meals on Wheels Delivery April 2021



MARION POLK FOOD SHARE
MEALS ON WHEELS



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 April 1-2				Beet Salad Beef Stroganoff Brussel Sprouts Rosemary Bread Fruit Cocktail	Corn & Tomato Salad Sloppy Joes Tater Tots Peas & Carrots Hamburger Bun Mixed Fruit
Week 2 April 5-9	Potato Salad BBQ Chicken Baked Beans Broccoli Dinner Roll Pears	Broccoli Kale Salad Chicken Parmesan Egg Noodles Green Beans Rosemary Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Jell-O	Asian Slaw Beef & Broccoli Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Beet Salad Herb Roasted Chicken, Brown Rice Peas & Carrots Dinner Roll Brownie
Week 3 April 12-16	Coleslaw Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Pears	Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Spring Green Mix Chicken Salad Carrots Cucumbers Tomatoes Dinner Roll Pears	Carrot Raisin Salad Swedish Meatballs Egg Noodles Broccoli Dinner Roll Mixed Fruit	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie
Week 4 April 19-23	Coleslaw Grilled Salmon or Chicken Brown Rice Peas and Carrots Dinner Roll Birthday Cake	Kale Broccoli Salad Chicken Casserole Italian Veg Rosemary Bread Pudding	Potato Salad BBQ Chicken Baked Beans Broccoli Dinner Roll Jell-O	Asian Slaw Teriyaki Chicken Brown Rice Sugar Snap Peas Oranges Fortune Cookie	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Brownie
Week 5 April 26-30	Coleslaw Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Angel Food Cake	Spring Green Mix Chicken Salad Carrots Cucumbers Tomatoes Dinner Roll Pears	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Oranges	Beet Salad Chile Con Carne Brown Rice Broccoli Cornbread Mixed Fruit	Peas & Cheese Herb Roasted Chicken Brown Rice Peas & Carrots Dinner Roll

Meals on Wheels Office 503-364-2856

Invoices are 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 10:30am & 12:30pm.**

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



SLEEP MATTERS
Sleep is important because it strengthens the immune system, enables the body to repair and be ready for another day.



Would you like to better manage your chronic condition?

Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions by allowable costs such as: doctor bills, prescription drugs, over-the-counter medication, and dentures.

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



MARION POLK FOOD SHARE
MEALS ON WHEELS



APRIL 2021



MEALS on WHEELS AMERICA

2021 MEMBER