

Meals on Wheels Delivery May 2021

STAY HOME
STAY HEALTHY
STAY CONNECTED

ArizonaTogether.org

AZHealth.gov

MARION POLK FOOD SHARE
MEALS ON WHEELS



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 May 3-7	House Salad Spaghetti W/Meat Sauce Italian Veg Dinner Roll Grapes	Beet Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Peas & Cheese Sloppy Joes Tater Tots Mixed Veg Hamburger Bun Pears	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Potato Salad BBQ Chicken Baked Beans Chuck Wagon Corn, Dinner Roll Fruit Cocktail
Week 2 May 10-14	Corn & Tomato Salad Baked Fish or Chicken, Tater Tots Broccoli Dinner Roll Jell-O	Spring Greens Chicken Salad Carrots Cucumbers Tomatoes Dinner Roll Pears	Mexi Slaw Chicken Enchiladas Peas & Carrots Chips & Salsa Angel Food Cake	Beet Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Peach Cobbler	House Salad Honey Dijon Chicken Red Potatoes Green Beans Rosemary Bread Tropical Fruit
Week 3 May 17-21	Asian Slaw Beef & Broccoli Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Broccoli Kale Salad Cheese Ravioli Italian Veg Sourdough Bread Pears	House Salad Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Pudding	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	Potato Salad BBQ Chicken Baked Beans Green Beans Dinner Roll Apple Crisp
Week 4 May 24-28	Coleslaw Grilled Salmon or Baked Chicken Brown Rice Broccoli Dinner Roll Birthday Cake	Three Bean Salad Chicken Casserole Green Beans Rosemary Bread Pudding	Beet Salad Beef Stroganoff Mixed Veg Sourdough Bread Brownies	Peas & Cheese Lemon Pepper Chicken Brown Rice Brussel Sprouts Roll, Tropical Fruit + Frozen for 05/31	Broccoli Kale Salad Spaghetti W/ Meat Sauce Italian Veg Rosemary Bread Table Grapes
Week 5 May 31	No Deliveries Today Closed for Memorial Day To all who have served... <i>Thank You!</i>	THE FIRST AND LAST FELINE MAYPOLE			

Meals on Wheels
AMERICA

2021 MEMBER

Meals On Wheels Office phone 503-364-2856

For people living with dementia and Alzheimer's, lack of stimulation and boredom can be one of the most frustrating things. It's important to provide activities that engage and bring pleasure to people living with Alzheimer's and dementia. Stimulating activities can help keep them in high spirits and prevent them from developing depression, whilst lessening anxiety and irritability.

Activities should aim to:

- *Stir memories and allow them to reminisce about their life*
- *Foster connections with others – contact with others is vital*
- *Encourage self-expression*
- *Make them feel more engaged with life*
- *Help them feel productive*

***Delivery window for meals is between 10:30am and 12:30pm.**

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



Save money on food!

Do you or someone you know need more food? SNAP is an easy way to get more food on your plate and is a proven way to help ease financial burden.

The average food assistance benefit for a senior household in Oregon is about \$90 per month. Everyone who is eligible will get help. Your participation in SNAP does not take away money or food from an individual or families with children.

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



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