

Meals on Wheels July 2021 Delivery Menu



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 July 1-2				House Salad Herb Roasted Chicken Mash Potatoes Broccoli, Dinner Roll Fruit Cocktail + FROZEN for 07/05	Asian Slaw Teriyaki Chicken Brown Rice Sugar Snap Peas Oranges Fortune Cookie
Week 2 July 5-9		Coleslaw Baked Fish or Chicken Tater Tots Mixed Veg Dinner Roll Jell- O	Southwest Chicken Salad Bean Dip Pico de Gallo Tortilla Chips, Pears	Beet Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Brownies	Broccoli Kale Salad Lemon Pepper Chicken Brown Rice Broccoli Dinner Roll Fruit Salad
Week 3 July 12-16	Three Bean Salad Spaghetti W/ Meat Sauce Italian Veg Rosemary Bread Grapes	House Salad Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Pears	Mexi- Slaw Chicken Enchiladas Broccoli Chips & Salsa Angel Food Cake	Carrot Raisin Salad Beef Stroganoff Green Beans Dinner Roll Pudding	Spring Greens Chicken Salad Baby Carrots, Tomatoes Sliced Cucumber Hamburger Bun, Pears
Week 4 July 19-23	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Birthday Cake	Coleslaw Grilled Salmon or Chicken Brown Rice Mixed Veg Dinner Roll Pears	Broccoli Kale Salad Sloppy Joes Tater Tots Green Beans Hamburger Bun Peach Cobbler	House Salad Herb Roasted Chicken Mashed Potato Brussel Sprouts Dinner Roll Grapes	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie
Week 5 July 228-30	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Three Bean Salad Cheese Ravioli Italian Veg Rosemary Bread Pudding	Asian Slaw Beef & Broccoli Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Southwest Chicken Salad Bean Dip Pico de Gallo Tortilla Chips, Pears	Beet Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Brownies

Aug. menus

Meals on Wheels Office 503-364-2856



Keeping cool

If a disaster strikes during the summer, keeping cool without air conditioning may be a challenge. It may be necessary to seek relief in a local cooling station or shelter, if available.

Ways to keep cool

- Keep shades, curtains and drapes closed on the south and west sides of the house. Consider adding insulating panels or reflective aluminum foil.
- When it is cooler outside than inside (usually at night) open windows to cool the house down.
- Have a battery or solar-powered fan to move the air. If ice is available, put some in front of the fan. Once the ice has melted, repurpose the water so it is not wasted.
- Wear a commercial neck cooler or a wet bandana tied around your neck; it uses evaporation to help keep the body cool.
- Apply a cool, wet towel or covered ice pack on "pulse points" such as your neck, wrists, ankles, top of feet, backs of knees, inner thigh, and crooks of elbows, but for no longer than 20 minutes at a time.
- Remember, it may be cooler outside in the shade.



Want or need ongoing help with groceries? SNAP (formerly food stamps) helps you buy groceries. Find all the information you need and how you can apply for SNAP assistance; Dial 211 or call North West Senior & Disability Services at 503-304-3400



July 2021

Fireworks can be scary for pets, veterans with PTSD, kids with autism & others

Be courteous

Let your neighbors know if you'll be shooting off fireworks. Or better yet, don't shoot them off.

Take cover!

Stay home if you can
Close doors & windows
Play calming music
Turn TV or radio on
Don't leave pets un-attended
Distract with activities or treats
Use headphones or earplugs
Ensure ID & microchip are



©SurfDogRescue.com

***Delivery window for meals is between**

10:30am and 12:30pm.

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



MARION POLK FOOD SHARE

MEALS ON WHEELS