



Meals on Wheels August 2021 Delivery Menu



*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



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Aug. 2-6	Potato Salad BBQ Chicken Baked Beans Broccoli Dinner Roll Watermelon	Coleslaw Baked Fish or Chicken Baby Reds Peas & Carrots Dinner Roll Fruit Snack	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Oranges	Three Bean Salad Penne W/Meat Sauce Italian Veg Rosemary Bread Table Grapes	Peas & Cheese Honey Dijon Chicken Mashed Potatoes Brussel Sprouts Dinner Roll Mixed Fruit
Week 2 Aug. 9-13	Beet Salad Chile Con Carne Brown Rice Mixed Veg Corn Bread Pears	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Pudding	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Pears Fortune Cookie	Southwest Chicken Salad Spanish Rice Cherry Tomatoes Bean Dip Tortilla Chips, Pears	Beet Salad Swedish Meatballs Egg Noodles Italian Veg Sourdough Bread Brownie
Week 3 Aug. 16-20	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Watermelon	Coleslaw Baked Salmon or Chicken Rice Pilaf Italian Veg Dinner Roll, Pears	Kale & Broccoli Salad Chicken Casserole Green Beans Dinner Roll Fruit Snack	Asian Slaw Teriyaki Chicken Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Mixed Greens Chicken Salad Cucumbers Grape Tomatoes Carrots, Dinner Roll Fruit Cocktail
Week 4 Aug. 23-27	Peas & Cheese Herb Roasted Chicken Mashed Potatoes Mixed Veg Dinner Roll Birthday Cake	Three Bean Salad Cheese Tortellini Italian Veg Rosemary Bread Pudding	Beet Salad Swedish Meatballs Egg Noodles Italian Veg Sourdough Bread Pears	Potato Salad BBQ Chicken Baked Beans Mixed Veg Dinner Roll Angel Food Cake	Asian Slaw Beef & Broccoli Brown Rice Sugar Snap Peas Pears Fortune Cookie
Week 5 Aug. 30-31	Kale & Broccoli Salad Chicken Parmesan Egg Noodles Italian Veg Sourdough Bread Pudding	Peas & Cheese Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Fruit Snack			

Meals on Wheels Office 503-364-2856

Our meals are reviewed by a registered dietician and are in line with the American Diabetic & Heart Association's *moderate* guidelines. Meals are low in fat, cholesterol, sodium and sugar and represent about 1/3 to 1/2 of the average older adult's daily caloric intake and nutritional needs.

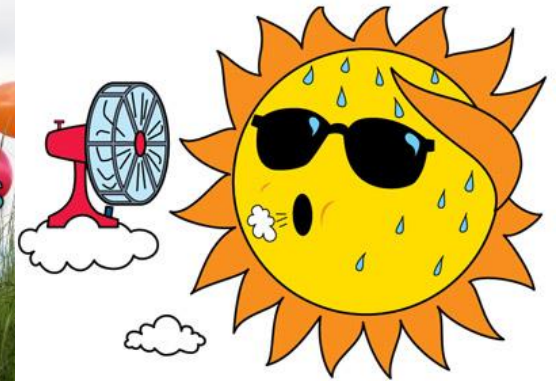
List of Summer Friendly Foods for Diabetics



In Oregon, adults age 60+ are using SNAP to buy healthy food. Are you? Learn about *SNAP*, a free program that could give a larger budget for buying food! It is easy to apply and simple to use. You would get an *Oregon Trail Card*, which works like a debit card and you can designate someone you trust to be an Authorized Representative, allowing them to use your SNAP card to purchase your food for you. Call *North West Senior & Disability Services* at (503) 304-3420 to get safe and secure information and/or to get help with the application process.



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