


Meals on Wheels Delivery September 2021

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Sept. 1-3			Southwest Chicken Salad Spanish Rice Cherry Tomatoes Bean Dip Tortilla Chips Pears	Peas & Cheese Honey Dijon Chicken, Rice, Mixed Veg, Dinner Roll Mixed Fruit + frozen for 09/06	Kale & Broccoli Salad Spaghetti W/Meat Sauce Italian Veg Rosemary Bread Angel Food Cake
Week 2 Sept. 6-10		Three Bean Salad Chicken Casserole Broccoli Dinner Roll Fruit Snack	Potato Salad BBQ Chicken Baked Beans Chuckwagon Corn Dinner Roll Fruit Cocktail	House Salad Baked Fish or Chicken, Tots Brussel Sprouts Dinner Roll Pears	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie
Week 3 Sept. 13-17	Beet Salad Chili Con Carne Brown Rice Italian Veg Corn Bread Table Grapes	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Pudding	Mexi-Slaw Chicken Enchilada Mixed Veg Chips & Salsa Pears	House Salad Hungarian Goulash Broccoli Mixed Veg Dinner Roll Apple Crisp	Broccoli Kale Salad Lemon Dill Chicken Brown Rice Brussel Sprouts Dinner Roll Mixed Fruit
Week 4 Sept. 20-24	Peas & Cheese Penne w/Meat Sauce Italian Veg Sourdough Bread Birthday Cake	Potato Salad Baked Fish or Chicken Peas & Carrots Dinner Roll Fruit Snack	Asian Slaw Orange Chicken Fried Rice Broccoli Pears Fortune Cookie	Three Bean Salad Cheese Tortellini Italian Veg Sourdough Bread Pudding	House Salad Garlic Herb Chicken Brown Rice Mixed Veg Dinner Roll Fruit Cocktail
Week 5 Sept. 27-30	Beet Salad Swedish Meatballs Egg Noodle Green Beans Dinner Roll Brownie	House Salad Grilled Salmon or Chicken Brown Rice Brussel Sprouts Pears	Beet Salad Meatloaf Mashed Potatoes Green Beans Dinner Roll Fruit Cocktail	Three Bean Salad Chicken Casserole Broccoli Dinner Roll Fruit Snack	

Meals on Wheels Office 503-364-2856



MARION POLK FOOD SHARE
MEALS ON WHEELS



VOLUNTEERS
Always Needed
 ★FOREVER★
 APPRECIATED

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.

Dementia:
Can we reduce the risk?

World Alzheimer's Month
September
Alzheimer's Disease International

- Look after your heart
- Be physically active
- Follow a healthy diet
- Challenge your brain
- Enjoy social activity



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 Northwest Senior & Disability Services at 503-304-3400

SEPTEMBER
2021



MARION POLK FOOD SHARE
MEALS ON WHEELS

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MEALS on WHEELS
AMERICA
2021 MEMBER