

# Meals on Wheels Delivery October 2021



MARION POLK FOOD SHARE  
**MEALS ON WHEELS**



**OCTOBER**  
AWARENESS MONTH  
BREAST CANCER

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> Oct 1					Peas & Cheese Sweet & Sour Meatballs White Rice Sugar Snap Peas Dinner Roll Oranges
<b>Week 2</b> Oct 4-8	Confetti Salad Spaghetti W/ Meat Sauce Italian Veg Sourdough Bread Grapes	<b>DBL. MILK</b> Beet Salad Cheese Ravioli Brussel Sprouts Dinner Roll Pudding	<b>DBL. MILK</b> Asian Salad Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie	House Salad Pot Roast Green Beans Dinner Roll Fruit Cocktail <b>+ FROZEN for 10/11</b>	House Salad Herb Roasted Chicken, Potatoes Brussel Sprouts Rosemary Bread Mixed Fruit
<b>Week 3</b> Oct 11-15	<b>No delivery today</b> <i>Honoring Indigenous Peoples Day</i>	Corn & Tomato Salad Hungarian Goulash Green Beans Dinner Roll Angel Food Cake	Mexi-Slaw Chicken Enchilada Mixed Veg Chips & Salsa Pudding	Kale Broccoli Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Peach Cobbler	House Salad Meatloaf Mashed Potato Green Beans Dinner Roll Pears <b>CSFP</b>
<b>Week 4</b> Oct 18-22	<b>ALT.</b> House Salad Baked Salmon or Chicken Rice Pilaf Italian Veg Dinner Roll Birthday Cake	Three Bean Salad Cheese Tortellini Broccoli Sourdough Bread Pudding	House Salad Salisbury Steak Mashed Potato Green Beans Dinner Roll Pears	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	House Salad Honey Dijon Chicken Brown Rice Mixed Veg Dinner Roll Mixed Fruit
<b>Week 5</b> Oct 25-29	<b>ALT.</b> Cole Slaw Baked Fish or Chicken Baby Reds Chuck Wagon Corn Dinner Roll, Jell-O	Three Bean Salad Chicken Casserole Italian Veg Sourdough Bread Pudding	Asian Slaw Orange Chicken Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Beet Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Apple Crisp	Peas & Cheese Herb Roasted Chicken, Baby Reds Brussel Sprouts Rosemary Bread Pears

November menus going out

**Meals on Wheels Office 503-364-2856**

## Meals on Wheels Program Reminders

### \*October Closure:

In honor of Indigenous Peoples' Day

Monday, October 11th

---

**\*If you are not going to be home and/or need to suspend or stop your meals please call the office at 503-364-2856**

**\*Delivery window for meals is between**

**10:30 am. and 12:30 pm.**

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



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



MARION POLK FOOD SHARE

**MEALS ON WHEELS**

**Questions? Concerns? Comments?**

**We would love to hear from you!**

**Give us a call at 503-364-2856**