

# Meals on Wheels November 2021 Delivery Menu



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> Nov. 1-5	House Salad Pot Roast Green Beans Dinner Roll Fruit Cocktail	Confetti Salad Cheese Ravioli Italian Veg Rosemary Bread Pudding	Peas & Cheese Chili Con Carne Brown Rice Mixed Veg Dinner Roll Brownie	Broccoli Salad Orange Chicken Fried Rice Sugar Snap Peas Oranges Fortune Cookie	Beet Salad Salisbury Steak Mash Potatoes Peas & Carrots Dinner Roll Pears
<b>Week 2</b> Nov. 8-12	<b>DBL. MILK</b> Potato Salad BBQ Chicken Baked Beans Green Beans Dinner roll Jell-O	<b>DBL. MILK</b> Three Bean Salad Spaghetti W/ Meat Sauce Italian Veg Sourdough Bread Pudding	<b>NO MILK</b> House Salad Lemon Dill Chicken Baby Red Potatoes Green Beans Roll, Fruit Cocktail <b>+ frozen for 11/11</b>	 <b>CLOSED</b> In Observance of Veterans Day	Beet Salad Swedish Meatballs Egg Noodles Peas & Carrots Sourdough Bread Pears
<b>Week 3</b> Nov. 15-19	Cole Slaw Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O	Kale & Broccoli Salad Chicken Casserole Carrots Rosemary Bread Fruit cocktail	Mexi-Slaw Chicken Enchilada Mixed Veg Chips & Salsa Pudding	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges, Fortune Cookie <b>December menus going out</b>	House Salad Pot Roast Mashed Potatoes Brussel Sprouts Whole Wheat Roll Fruit Cocktail
<b>Week 4</b> Nov. 22-26	<b>DBL. MILK</b> Peas & Cheese Baked Fish or Chicken, Tater Tots Chuck Wagon Corn Dinner Roll Birthday Cake <b>+ frozen for 11/25</b>	<b>DBL. MILK</b> Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding <b>+ frozen for 11/26</b>	<b>NO MILK</b> House Salad Oven Roasted Turkey Mashed Potatoes Green Beans Dinner roll Pumpkin Pie <b>+ weekend frozen</b>	<b>NO DELIVERY</b>	<b>NO DELIVERY</b>
<b>Week 5</b> Nov. 29,30	Beet Salad Swedish Meatballs Egg Noodles Broccoli Dinner Roll Pears	Three Bean Salad Beef Ravioli Italian Veg Rosemary Bread Pudding	<p><b>We are currently experiencing challenges getting some menu items from our suppliers. There may be times when we will need to substitute certain entrees that do not match our pre-planned menu. We appreciate your patience and understanding.</b></p>		



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

## Meals on Wheels Program Reminders

\* If you won't be home to accept deliveries and wish for drivers to leave food in a cooler please call the office to let us know 503-364-2856.

\*Billing is 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 and 12:30pm.**

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

The daily meal's main entree you receive should be heated in your microware for approximately 2-3 minutes (frozen will take longer if not thawed first). The only notable exception currently is the Chicken Salad.



in a world  
where you can  
be anything.  
BE KIND.

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

# NOVEMBER 2021



**It's time to FALL back!!!**

Just a friendly reminder to turn your clocks back Saturday night one hour!!!

**November 6th**  
Also, now is a great time to change the batteries in your smoke detector when you are "falling back!"

Enjoy the rest of this beautiful season!!



MARION POLK FOOD SHARE

# MEALS ON WHEELS