



Meals on Wheels Delivery January 2022



MARION POLK FOOD SHARE
MEALS ON WHEELS



meals on wheels
AMERICA
TOGETHER, WE CAN DELIVER.

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Jan 3-7	Beet Salad Swedish Meatballs Italian Veg Dinner Roll Angel Food Cake	Three Bean Salad Cheese Ravioli Italian Veg Rosemary Bread Jell-O	Broccoli Kale Salad Chicken Casserole Broccoli Dinner Roll Fruit Cocktail	Beet Salad Salisbury Steak Mashed Potatoes Italian Veg Dinner Roll Spice Cake	House Salad Herb Roasted Chicken Brown Rice Broccoli Dinner Roll Pears
Week 2 Jan 10-14	Peas & Cheese Baked Fish or Chicken Tater Tots Mixed Veg Dinner Roll Pudding	Three Bean Salad Cheese Tortellini Italian Veg Sourdough Bread Pudding	DBL MILK Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie	FROZEN for 1/17 House Salad Meatloaf Mashed Potatoes Green Beans Dinner Roll Brownie	Broccoli Kale Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Pears
Week 3 Jan 17-21	Office closed/NO delivery 	House Salad Chili Con Carne Brown Rice Broccoli Corn Bread Fruit Cocktail	Asian Slaw Orange Chicken White Rice Sugar Snap Peas Mandarin Oranges Fortune Cookie	House Salad Herb Crusted Chicken Mashed Potato Green Beans Dinner Roll Fruit Cocktail	Broccoli Kale Salad Spaghetti W/ Meat Sauce Italian Veg Sourdough Bread Pears
Week 4 Jan 24-28	Coleslaw Grilled Salmon or chicken Rice Pilaf Green Beans Dinner Roll Birthday Cake	Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Jell-O	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Oranges	Potato Salad BBQ Chicken Baked Beans Broccoli Dinner Roll Pears	Broccoli Kale Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Angel Food Cake
Week 5 Jan 31	Peas & Cheese Baked Fish or Chicken Tater Tots Brussel Sprout Dinner Roll Pudding	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.			

Meals on Wheels Office 503-364-2856

Meals on Wheels Program Reminders

*January Closure:

Monday, January 17th, MLK Day

***If you are not going to be home and/or need to suspend or stop your meals for any reason, please call the office at 503-364-2856 and let us know.**

***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.



**Help yourself
while helping the local economy!**

SNAP is a free program that helps you with your food expenses, allowing you to eat better! Your food purchases support jobs at food processors, grocery stores, and local agriculture. SNAP brings more than \$1 billion federal food dollars into Oregon each year. You benefit, the economy benefits.

Call 211 or North West Senior & Disability Services at (503) 304-3420 to get safe and secure information about SNAP.



January



happy
New Year



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Questions? Concerns? Comments?

We would love to hear from you!

Give us a call at 503-364-2856