


APR 2022 DELIVERY

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 Apr 1					Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Grapes
Week 2 Apr 4-8	Beet Salad Chile Con Carne Brown Rice Broccoli Dinner Roll Mixed Fruit	Three Bean Salad Cheese Tortellini Italian Veg Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pudding	Asian Slaw Orange Chicken Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Peas & Cheese Swedish Meatballs Egg Noodles Broccoli Dinner Roll Mixed Fruit
Week 3 Apr 11-15	Coleslaw Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O	Kale Broccoli Salad Chicken Casserole Italian Veg Rosemary Bread Pudding	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Brownie	Potato Salad BBQ Chicken Baked Beans Broccoli Cornbread Pears
Week 4 Apr 18-22	Coleslaw Grilled Salmon or Chicken Brown Rice Peas and Carrots Dinner Roll Birthday Cake	Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Peas & Cheese Swedish Meatballs Egg Noodles Broccoli Dinner Roll Mixed Fruit	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Oranges	House Salad Meatloaf Mashed Potatoes Green Beans Dinner Roll Brownie
Week 5 Apr 25-29	Coleslaw Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O	Spring Green Mix Chicken Salad Carrots & Cucumbers Tomatoes Dinner Roll Pears	Potato Salad BBQ Chicken Baked Beans Broccoli Dinner Roll Fruit Cocktail	Asian Slaw Teriyaki Chicken White Rice Sugar Snap Peas Oranges Fortune Cookie	Peas & Cheese Herb Roasted Chicken Brown Rice Peas & Carrots Dinner Roll Pudding

MEALS ON WHEELS PROGRAM REMINDERS

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 10:30 a.m. and 12:30 p.m.

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

Would you like to better manage your chronic condition?

Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions by allowable costs such as: doctor bills, prescription drugs, over-the-counter medication, and dentures.

Call 2-1-1 or North West Senior & Disability Services at (503) 304-3420 to get safe and secure information about SNAP.



April

2022



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