

MEALS ON WHEELS PROGRAM REMINDERS

Tuesday 5/24 Double Milk

Wednesday 5/25 Double Milk

Thursday 5/26 No Milk—Frozen for Monday

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May Closures:

Monday, May 30th, Memorial Day

Home-delivered meals are scheduled to arrive between 10:30 a.m. and 12:30 p.m.

If it is after 1:00 p.m. and you have not received your meal, please call us to check in.

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

www.foodsharemealsonwheels.org

MAY 2022

HOME-DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

MAY 2022 HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 May 2-6	House Salad Spaghetti W/Meat sauce Italian Veg Dinner Roll Grapes	Beet Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	House Salad Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Pears	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Potato Salad BBQ Chicken Baked Beans Chuck Wagon Corn Dinner Roll Fruit Cocktail
WEEK 2 May 9-13	Corn & Tomato Salad Baked Fish /Chicken Tater Tot Broccoli Dinner Roll Jell-O	Spring Greens Chicken Salad Carrots Cucumbers Tomatoes Dinner Roll	Mexi Slaw Chicken Enchiladas Peas & Carrots Chips & Salsa Oranges	Beet Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Peach Cobbler	House Salad Herb Roasted Chicken Red Potatoes Green Beans Rosemary Bread Tropical Fruit
WEEK 3 May 16-20	Asian Slaw Orange Chicken Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Broccoli Kale Salad Cheese Ravioli Italian Veg Sourdough Bread Pears	House Salad Meatloaf Mashed Potatoes Peas & Carrots Dinner Roll Pudding	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	Potato Salad BBQ Chicken Baked Beans Green Beans Dinner Roll Fruit Cocktail
WEEK 4 May 23-27	Coleslaw Grilled Salmon / Baked Chicken Brown Rice Broccoli Dinner Roll	Three Bean Salad Chicken Casserole Green Beans Rosemary Bread Pudding	Beet Salad Chili Con Carne Brown Rice Dinner Roll Brownies	Peas & Cheese BBQ Chicken Baked Beans Brussel Sprouts Corn Bread Tropical Fruit	Broccoli Kale Salad Spaghetti W/ Meat Sauce Italian Veg Rosemary Bread Table Grapes
WEEK 5 May 30-31	NO DELIVERY MEMORIAL DAY	Coleslaw Baked Fish /Chicken Tater Tot Peas & Carrots Dinner Roll Jell-O			

