

MEALS ON WHEELS PROGRAM REMINDERS

Tuesday 6/28 Double Milk

Wednesday 6/29 Double Milk

Thursday 6/30 No Milk—Frozen for Monday

July Closure:

Monday, July 4th, Independence 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

JULY 2022

HOME-DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

JULY 2022 HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 JULY 1					Salisbury Steak House Salad Mashed Potato Green Beans Dinner Roll Fruit Cocktail
WEEK 2 JULY 4-8	NO DELIVERY INDEPENDENCE DAY	BBQ Chicken Potato Salad Baked Beans Peas & Carrots Dinner Roll Watermelon	Cheese Ravioli Three Bean Salad Italian Veg Rosemary Bread Pudding	Swedish Meatballs Beet Salad Egg Noodles Brussel Sprouts Dinner Roll Fruit Cocktail	Herb Roasted Chicken Broccoli Kale Salad Brown Rice Broccoli Dinner Roll Pears
WEEK 3 JULY 11-15	Orange Chicken Asian Slaw White Rice Sugar Snap Peas Oranges Fortune Cookie	Salisbury Steak House Salad Mashed Potatoes Peas & Carrots Dinner Roll Pears	Chicken Enchiladas Mexi- Slaw Broccoli Chips & Salsa Oranges	Chicken Casserole House Salad Green Beans Dinner Roll Pudding	Penne W/ Meat Sauce Three Bean Salad Italian Veg Rosemary Bread Grapes
WEEK 4 JULY 18-22	Grilled Salmon/Chicken Coleslaw Brown Rice Mixed Veg Dinner Roll Birthday Cake	Southwest Chicken Salad Cherry Tomatoes Bean Dip Spanish Rice Tortilla Chips Pudding	Swedish Meatballs Beet Salad Egg Noodles Brussel Sprouts Dinner Roll Brownie	Herb Roasted Chicken House Salad Brown Rice Brussel Sprouts Dinner Roll Grapes	Chicken Stir-Fry Asian Slaw Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie
WEEK 5 JULY 25-29	Baked Fish or Chicken Peas & Cheese Tater Tots Brussel Sprouts Dinner Roll Pears	Cheese Ravioli Three Bean Salad Italian Veg Rosemary Bread Pudding	Chili Con Carne Beet Salad Brown Rice Broccoli Dinner Roll Fruit Cocktail	Meatloaf House Salad Mashed Potatoes Peas & Carrots Dinner Roll Pears	Orange Chicken Asian Slaw White Rice Sugar Snap Peas Oranges Fortune Cookie

