

## MEALS ON WHEELS PROGRAM REMINDERS

**Tuesday 6/14 Double Milk**

**Wednesday 6/15 Double Milk**

**Thursday 6/16 No Milk—Frozen for Monday**

**June Closures:**

**Monday, June 20th, in observance of Juneteenth**

**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](http://www.foodsharemealsonwheels.org)

# JUNE 2022

## HOME-DELIVERED MEALS



MARION POLK FOOD SHARE

## MEALS ON WHEELS

# JUNE 2022 HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> <b>JUNE 1-3</b>			Beef Ravioli Broccoli Kale Salad Italian Veg Sourdough Bread Pears	Swedish Meatballs Beet Salad Egg Noodles Peas & Carrots Dinner Roll Mixed Fruit	Salisbury Steak House Salad Mashed Potato Green Beans Dinner Roll Peach Cobbler
<b>WEEK 2</b> <b>JUNE 6-10</b>	Chicken Stir-Fry Asian Slaw Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Herb Roasted Chicken House Salad Brown Rice Mixed Veg Dinner Roll Pudding	Chicken Casserole Broccoli Kale Salad Broccoli Rosemary Bread Angel Food Cake	Spaghetti w/Meat Sauce Three Bean Salad Italian Veg Sourdough Bread Table Grapes	BBQ Chicken Potato Salad Baked Beans Peas & Carrots Dinner Roll Watermelon
<b>WEEK 3</b> <b>JUNE 13-17</b>	Baked Fish /Chicken Coleslaw Tater Tots Brussel Sprouts Dinner Roll Jell-O	Cheeses Tortellini Three Bean Salad Italian Veg Rosemary Bread Pears	Herb Roasted Chicken House Salad Mash Potatoes Peas & Carrots Dinner Roll Fruit Cocktail	Chicken Enchiladas Mexi - Slaw Broccoli Chips & Salsa Oranges	Meatloaf House Salad Mash Potatoes Green Beans Dinner Roll Apple Berry Crisp
<b>WEEK 4</b> <b>JUNE 20-24</b>	<b>Closed To Observe Juneteenth</b>	Baked Salmon / Chicken Coleslaw Brown Rice Brussel Sprouts Dinner Roll Birthday Cake	Orange Chicken Asian Slaw White Rice Sugar Snap Peas Oranges Fortune Cookie	Swedish Meatballs House Salad Egg Noodles Peas & Carrots Dinner Roll Mixed Fruit	Chili Con Carne Beet Salad Brown Rice Broccoli Dinner Roll Table Grapes
<b>WEEK 5</b> <b>JUNE 27-30</b>	Baked Fish /Chicken Coleslaw Tater Tots Green Beans Dinner Roll Jell-O	Chicken Casserole Romaine Blend Carrots Cucumbers Grape Tomatoes Dinner Roll Pears	Cheeses Ravioli Three Bean Salad Italian Veg Rosemary Bread Angel Food Cake	Chicken Enchiladas Mexi - Slaw Broccoli Chips & Salsa Pears	

