

SEPTEMBER 2022 HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 SEPT 1-2				Spanish Rice Southwest Chicken Salad Cherry Tomatoes Bean Dip Tortilla Chips Pears	Chicken Enchilada Mexi-Slaw Mixed Veg Chips & Salsa Pears
WEEK 2 SEPT 6-9	NO DELIVERY CLOSED FOR LABOR DAY	Baked Fish or Chicken Potato Salad Tater Tots Brussel Sprouts Dinner Roll Pears	BBQ Chicken Coleslaw Baked Beans Chuckwagon Corn Dinner Roll Fruit Cocktail	Sloppy Joes Peas & Cheese Mixed Veg Hamburger Bun Apple Sauce	Chicken Stir-Fry Asian Slaw Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie
WEEK 3 SEPT 12-16	Chili Con Carne Beet Salad Brown Rice Italian Veg Corn Bread Table Grapes	Salisbury Steak House Salad Mashed Potatoes Green Beans Dinner Roll Pudding	Swedish Meatballs Beet Salad Egg Noodle Green Beans Dinner Roll Brownie	Chicken Casserole Three Bean Salad Broccoli Dinner Roll Pears	Herb Chicken Broccoli Kale Salad Brown Rice Brussel Sprouts Dinner Roll Mixed Fruit
WEEK 4 SEPT 19-23	Grilled Salmon or Chicken House Salad Brown Rice Brussel Sprouts Birthday Cake	House Salad Mac & Cheese Green Beans Dinner Roll Pears	Asian Slaw Orange Chicken Fried Rice Broccoli Pears Fortune Cookie	Three Bean Salad Cheese Tortellini Italian Veg Sourdough Bread Pudding	House Salad Garlic Herb Chicken Brown Rice Mixed Veg Dinner Roll Fruit Cocktail
WEEK 5 SEPT 26-30	Baked Fish or Chicken Potato Salad Tater Tots Brussel Sprouts Dinner Roll Pears	Penne w/ Meat sauce Peas & Cheese Italian Veg Sourdough Bread Pears	Meatloaf Beet Salad Mashed Potatoes Green Beans Dinner Roll Angel Food Cake	Chicken Casserole Three Bean Salad Broccoli Dinner Roll Fruit Cocktail	Swedish Meatballs Peas & Cheese Egg Noodle Mixed Veg Dinner Roll Fruit Snack



MEALS ON WHEELS PROGRAM REMINDERS

Tuesday 8/30 Double Milk

Wednesday 8/31 Double Milk

Thursday 9/1 No Milk—Frozen for Monday

September Closures:

Monday, September 5th, Labor 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

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HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS