

MEALS ON WHEELS PROGRAM REMINDERS

Mon. 11/7 - Double Milk

Tue. 11/8 - Double Milk

Wed. 11/9 - No Milk - Frozen for Fri. 11/11

Wed. 11/16 - Double Milk

Thur. 11/17 - Frozens for weekend of 11/26 & 11/27

Mon. 11/21 - Double Milk

Tue. 11/22 - Double Milk

Wed. 11/23 - No Milk - Frozens for Thur. 11/24 & Fri. 11/25

November Closures:

Friday, November 11th, Veteran's Day

Thursday, November 24th, Thanksgiving Day

Friday, November 25th, Day after Thanksgiving

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

NOVEMBER 2022

HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

NOVEMBER 2022 HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Nov 1-4		Chicken Casserole Three Bean Salad Italian Veg Sourdough Bread Pudding	Chili Con Carne Peas & Cheese Brown Rice Mixed Veg Dinner Roll Fruit Cocktail	Orange Chicken Broccoli Salad White Rice Sugar Snap Peas Oranges Fortune Cookie	Salisbury Steak Beet Salad Mash Potatoes Peas & Carrots Dinner Roll Pears
WEEK 2 Nov 7-11	Baked Fish/Chicken Cole Slaw Tater Tots Broccoli Dinner Roll Fruit Snack	Cheese Ravioli Three Bean Salad Italian Veg Sourdough Bread Pears	Herb Chicken House Salad Baby Red Potatoes Green Beans Dinner Roll Fruit Cocktail	Chicken & Biscuit House Salad Italian Veg Sliced Cucumbers Tropical Fruit	CLOSED TO OBSERVE VETERANS DAY
WEEK 3 Nov 14-18	Swedish Meatballs Beet Salad Egg Noodles Peas & Carrots Dinner Roll Pears	BBQ Chicken Potato Salad Baked Beans Green Beans Dinner roll Pears	Chicken Enchilada Mexi-Slaw Mixed Veg Chips & Salsa Pudding	Meatloaf House Salad Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	Chicken Stir-Fry Asian Slaw Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie
WEEK 4 Nov 21-25	Baked Fish /Chicken Peas & Cheese Tater Tots Chuck Wagon Corn Dinner Roll Birthday Cake	Chicken Casserole Kale & Broccoli Salad Carrots Rosemary Bread Fruit cocktail	Ham or Turkey House Salad Mashed Potatoes Green Beans Dinner roll Spice Cake	CLOSED TO OBSERVE THANKSGIVING	CLOSED DAY AFTER THANKSGIVING
WEEK 5 Nov 28-30	Swedish Meatballs Beet Salad Egg Noodles Broccoli Dinner Roll Pears	Three Bean Salad Beef Ravioli Italian Veg Rosemary Bread Pears	House Salad Chicken & Biscuit Italian Veg Sliced Cucumbers Tropical Fruit		