

MEALS ON WHEELS PROGRAM REMINDERS

Thur. 12/29 - Frozens for Monday 1/2/23

Tue. 1/10 - Double Milk

Wed. 1/11 - Double Milk

Thur. 1/ 12- Frozens for Monday 1/16/23

January Closures:

Monday, January 2nd, New Year's Day (obs)

Monday, January 16th, Martin Luther King 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 to get safe and secure information

www.foodsharemealsonwheels.org

JANUARY 2023

HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

JANUARY 2023 HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 JAN 2-6	NO DELIVERY CLOSED FOR NEW YEARS DAY	Swedish Meatballs Italian Veg Beet Salad Dinner Roll Pudding	Beef Ravioli Italian Veg Mixed Veg Three Bean Salad Sourdough Fruit Cocktail	Chicken Stir-Fry Brown Rice Asian Slaw Sugar Snap Peas Oranges Fortune Cookie	Salisbury Steak Mashed Potatoes Italian Veg Beet Salad Dinner Roll Apple Sauce
WEEK 2 JAN 9-13	Baked Fish / Chicken Tater Tots Peas & Cheese Mixed Veg Dinner Roll Tropical Fruit	Cheese Tortellini Italian Veg Three Bean Salad Sourdough Bread Pudding	Herb Roasted Chicken Brown Rice Broccoli House Salad Dinner Roll Pears	Chicken Enchiladas Broccoli Mexi-Slaw Chips & Salsa Oranges	Swedish Meatballs Egg Noodles Peas & Carrots Broccoli Kale Salad Dinner Roll Peaches
WEEK 3 JAN 16-20	NO DELIVERY CLOSED FOR MARTIN LUTHER KING DAY	Chili Con Carne Brown Rice Broccoli Beet Salad Corn Bread Fruit Cocktail	Chicken Casserole Broccoli Broccoli Kale Salad Dinner Roll Fruit Cocktail	Herb Crusted Chicken Mashed Potato Green Beans House Salad Dinner Roll Tropical Fruit	Spaghetti W/Meat Sauce Italian Veg Broccoli Kale Salad Sourdough Bread Pears
WEEK 4 JAN 23-27	Grilled Salmon/ Chicken Rice Pilaf Green Beans Coleslaw Dinner Roll Birthday Cake	BBQ Chicken Baked Beans Broccoli Potato Salad Dinner Roll Pears	Meatloaf Mashed Potatoes Green Beans House Salad Dinner Roll Apple Sauce	Orange Chicken White Rice Sugar Snap Peas Asian Slaw Mandarin Oranges Fortune Cookie	Sloppy Joes Hamburger Bun Peas & Carrots Broccoli Kale Salad Peaches
WEEK 5 JAN 30-31	Baked Fish / Chicken Tater Tots Brussel Sprouts Peas & Cheese Dinner Roll Pears	Cheese Ravioli Italian Veg Three Bean Salad Sourdough Bread Pudding			

