

MEALS ON WHEELS PROGRAM REMINDERS

Tuesday 2/14 Double Milk

Wednesday 2/15 Double Milk

Thursday 2/16 No Milk—Frozen for Monday

February Closure:

Monday, February 20th, Presidents' 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

FEBRUARY 2023

HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

FEBRUARY 2023

HOME DELIVERY

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|---|---|---|---|---|
| WEEK 1 FEB 1-3 | | | Salisbury Steak Mashed Potatoes Italian Veg House Salad Dinner Roll Fruit Cocktail | Herb Roasted Chicken Mashed Potatoes Italian Veg Broccoli Kale Salad Dinner Roll Pears | Beef & Broccoli Brown Rice Sugar Snap Peas Asian Slaw Mandarin Oranges Fortune Cookie |
| WEEK 2 FEB 6-10 | Swedish Meatballs Egg Noodles Brussel Sprouts Beet Salad Dinner Roll Pears | Cheese Ravioli Italian Veg Confetti Salad Sourdough Bread Pudding | BBQ Chicken Baked Beans Italian Veg Potato Salad Dinner Roll Fruit Cocktail | Salisbury Steak Mashed Potatoes Brussel Sprouts House Salad Dinner Roll Apple Sauce | Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Asian Slaw Mandarin Oranges Fortune Cookie |
| WEEK 3 FEB 13-17 | Baked Fish / Chicken Tater Tots Potato Salad Chuck Wagon Corn Dinner Roll | Chicken Casserole Green Beans Broccoli Kale Salad Sourdough Bread Pears | Meatloaf Mashed Potatoes Brussel Sprouts House Salad Dinner Roll Fruit Cocktail | Chicken Enchiladas Broccoli Mexi- Slaw Chips & Salsa Pears | Spaghetti w/Meat Sauce Italian Veg Three Bean Salad Sourdough Bread Apple Sauce |
| WEEK 4 FEB 20-24 | CLOSED FOR PRESIDENTS' DAY | Baked Salmon / Chicken Rice Green Beans Potato Salad Dinner Roll Birthday Cake | Beef Ravioli Italian Veg Confetti Salad Sourdough Bread Pears | Orange Chicken White Rice Sugar Snap Peas Asian Slaw Mandarin Oranges Fortune Cookie | Swedish Meatballs Egg Noodles Brussel Sprouts Peas & Cheese Rosemary Bread Fruit Cocktail |
| WEEK 5 FEB 27-28 | Chili Con Carne Brown Rice Peas & Carrots Beet Salad Dinner Roll Pudding | BBQ Chicken Baked Beans Italian Veg Potato Salad Dinner Roll Fruit Cocktail | | | |



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503-364-2856

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