

## MEALS ON WHEELS PROGRAM REMINDERS

- ◆ **Congregate Dining is now open at the Center 50+ Monday-Friday from 11:30 a.m. to 12:30 p.m.**
- ◆ **CSFP (Senior Grocery Box) is Friday, April 21st**
  - Sign-in & Pick-up time in front of the Center 50+ is from 1:00 p.m. to 1:30 p.m.
  - Home Delivery is from 1:00 p.m. to 3:00 p.m.
  - \*\*\* if you are able to pick up your grocery box, please contact the office at 503-364-2856 \*\*\*

**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)

# APRIL 2023

## HOME DELIVERED MEALS



MARION POLK FOOD SHARE

# MEALS ON WHEELS

# APRIL 2023

# HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> <b>APR 3-7</b>	Chicken Stir-Fry Yakisoba Noodles Asian Salad Sugar Snap Peas Mandarin Oranges Fortune Cookie	Fajita Chicken Rice Bowl Chuck Wagon Corn Pineapple Slaw Chips & Salsa	Swedish Meatballs Egg Noodles Peas & Carrots Garden Salad/Tom Apple Sauce	Orange Chicken White Rice Sugar Snap Peas Mandarin Salad Fortune Cookie	Salisbury Steak Mash Potatoes Green Beans Garden Salad with Pea/Cheese Peaches
<b>WEEK 2</b> <b>APR 10-14</b>	Chicken or Fish Brown Rice Brussel Sprouts Carrot Craisin Slaw Dinner Roll	Chicken Casserole Egg Noodles Yellow Corn Cucumber Dill Salad Pears	Chili Con Carne Brown Rice Carrots Garden Salad/Tom Apple Sauce	Sweet & Sour Meatballs White Rice Carrots Tropical Fruit Slaw Nann Bread	Cheese Ravioli Marinara Mixed Veg Greek Grape Salad Rosemary Bread
<b>WEEK 3</b> <b>APR 17-21</b>	Ham & Egg Skillet w/Red Potatoes Broccoli Biscuit Butter & Jam Red Grapes	Chicken Enchiladas Chuck Wagon Corn Pineapple Slaw Chips & Salsa	Spaghetti/Meat Sauce Peas & Carrots Garden Salad/Tom Apple Sauce	Chicken Egg Rolls Fried Rice Sugar Snap Peas Mandarin Salad Hawaiian Roll	Meatloaf Mashed Potatoes Green Beans Garden Salad with Pea/Cheese Peaches
<b>WEEK 4</b> <b>APR 24-28</b>	Chicken or Fish Brown Rice Brussel Sprouts Carrot Craisin Slaw Biscuit	Chicken & Biscuit Yellow Corn Cucumber Dill Salad Pears	Cheese Tortellini Alfredo Sauce Carrots Garden Salad/Tom Apple Sauce	Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Tropical Fruit Slaw Fortune Cookie	Chicken Chili Rice Pilaf Mixed Veg Greek Grape Salad Rosemary Bread



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