

MEALS ON WHEELS PROGRAM REMINDERS

*** If you are interested in recycling your Meals On Wheels plastic or paper bags, you can give them to any of your drivers when your meal is delivered.**

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Tuesday 5/23 Double Milk

Wednesday 5/24 Double Milk

Thursday 5/25 No Milk—Frozen for Monday

May Closure:

Monday, May 29th, Memorial 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

MAY 2023

HOME DELIVERED MEALS




MARION POLK FOOD SHARE

MEALS ON WHEELS

MAY 2023

HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 MAY 1-5	Bacon & Egg Frittata w/Red Potatoes Broccoli Biscuit Butter & Jam Red Grapes	Beef Ravioli w/Marinara Brussel Sprouts Confetti Salad Sourdough Bread	Herb Chicken & Gravy w/Mash Potatoes Italian Veg Garden Salad w/Tomatoes Apple Sauce	Sloppy Joes Carrots Potato Salad w/Pickle Tropical Fruit	Fajita Chicken Rice Bowl Chuck Wagon Corn Pineapple Slaw Chips & Salsa
WEEK 2 MAY 8-12	Swedish Meatballs w/Egg Noodles Peas & Carrots Garden Salad w/Tomatoes Apple Sauce	Orange Chicken w/White Rice Sugar Snap Peas Mandarin Salad Fortune Cookie	Salisbury Steak w/Mash Potatoes Green Beans Garden Salad with Peas & Cheese Peaches	Chicken or Fish w/Brown Rice Brussel Sprouts Carrot Craisin Slaw Dinner Roll	Chicken Casserole w/Egg Noodles Yellow Corn Cucumber Dill Salad Pears
WEEK 3 MAY 15-19	Chili Con Carne w/Brown Rice Carrots Garden Salad w/Tomatoes Apple Sauce	Sweet & Sour Meatballs w/White Rice Carrots Tropical Fruit Slaw Nann Bread	Cheese Ravioli w/Marinara Mixed Veg Greek Grape Salad Rosemary Bread	Ham & Egg Frittata w/Red Potatoes Broccoli Biscuit Butter & Jam Red Grapes	Chicken Enchiladas Chuck Wagon Corn Pineapple Slaw Chips & Salsa
WEEK 4 MAY 22-26	Spaghetti w/Meat Sauce Peas & Carrots Garden Salad w/Tomatoes Apple Sauce	Chicken Egg Rolls w/Fried Rice Sugar Snap Peas Mandarin Salad Hawaiian Roll	Meatloaf w/Mashed Potatoes Green Beans Garden Salad with Peas & Cheese Peaches	Chicken or Fish w/Brown Rice Brussel Sprouts Carrot Craisin Slaw Biscuit	Chicken & Biscuit Yellow Corn Cucumber Dill Salad Pears
WEEK 5 MAY 29-31	CLOSED FOR MEMORIAL DAY	Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Tropical Fruit Slaw Fortune Cookie	Chicken Chili w/Rice Pilaf Mixed Veg Greek Grape Salad Rosemary Bread		



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503-364-2856

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