

MEALS ON WHEELS PROGRAM REMINDERS

Monday 8/21 to 9/4 the Center 50+ will be closed for the annual deep cleaning of the building and kitchen. There will be no dining room during this time, deliveries will resume on Friday, 9/1 for the holiday weekend and then continue on Tuesday, 9/5.

August Closure:
Monday 8/21 to 8/31

September Closure:
Monday, 9/4

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.

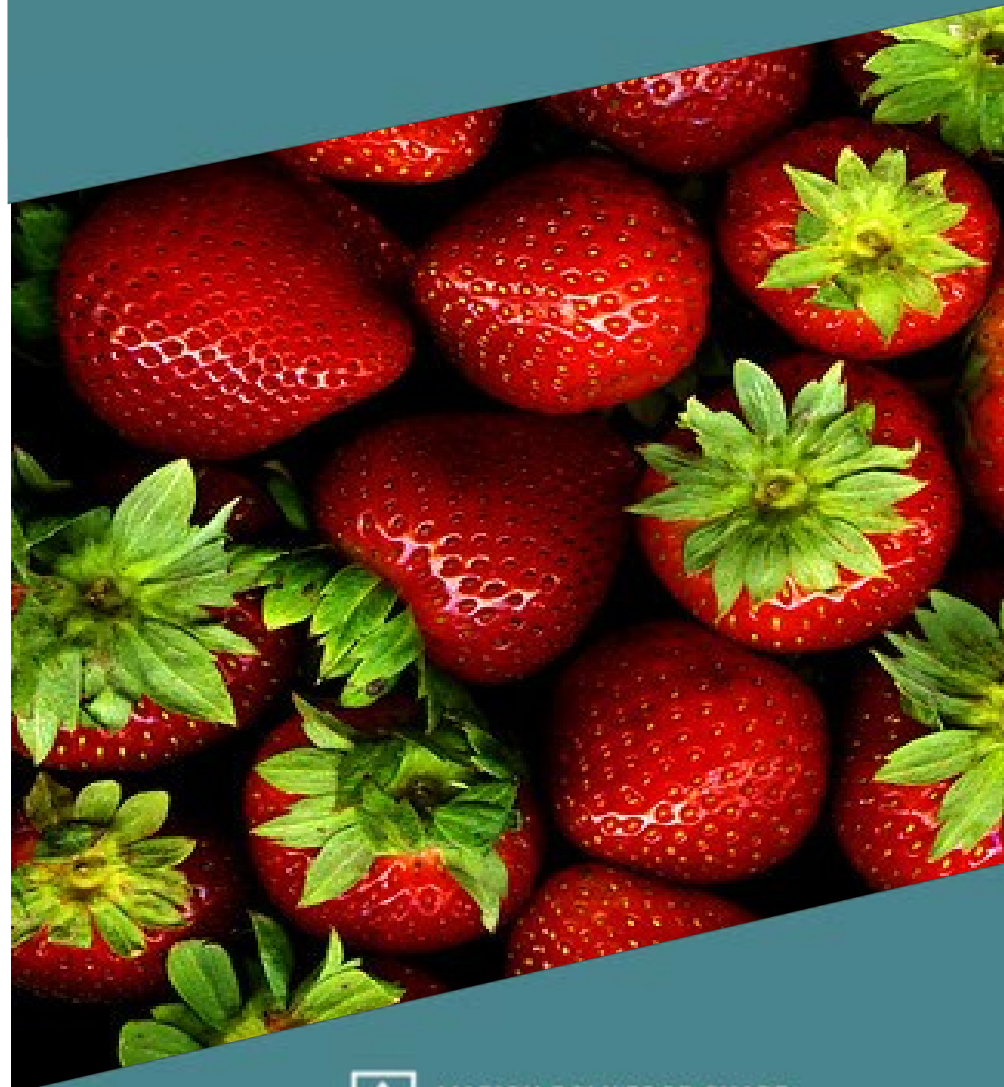


Call 2-1-1 or North West Senior & Disability Services at:
(503) 304-3420

www.foodsharemealsonwheels.org

AUGUST 2023

HOME DELIVERED MEALS



MARION POLK FOOD SHARE
MEALS ON WHEELS

AUGUST 2023

HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 AUG 1-4		Swedish Meatballs Egg Noodles Carrots 3 Bean Salad Dinner Roll	Orange Chicken White Rice Sugar Snap Peas Tropical Fruit Slaw Fortune Cookie	Salisbury Steak Mash Potatoes Mixed Veggies Garden Salad with Pea/Cheese Pears	Chicken or Fish Tater Tots Brussel Sprouts Carrot Craisin Slaw Dinner Roll
WEEK 2 AUG 7-11	Fajita Chicken Rice Bowl Chuck Wagon Corn Pineapple Slaw Chips & Salsa <i>+ Frozen for Closure</i>	Cheese Ravioli Marinara Green Beans Garden Salad/Tom Apple Sauce <i>+ Frozen for Closure</i>	Sweet & Sour Meatballs White Rice Carrots Asian Slaw Tropical Fruit <i>+ Frozen for Closure</i>	Herb Chicken Mash & Herb Gravy Yellow Corn Confetti Salad Rosemary Bread <i>+ Frozen for Closure</i>	Ham & Egg Frittata w/Red Potatoes Broccoli Biscuit Butter, & Jam Red Grapes <i>+ Frozen for Closure</i>
WEEK 3 AUG 14-18	Chicken Chili Rice Pilaf Peas & Carrots Kale & Broccoli Salad Peaches <i>+ Frozen for Closure</i>	Spaghetti Meat Sauce Carrots 3 Bean Salad Dinner Roll <i>+ Frozen for Closure</i>	Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Tropical Fruit Slaw Naan Bread <i>+ Frozen for Closure</i>	Meatloaf Mashed Potatoes Mixed Veggies Garden Salad with Pea/Cheese Pears <i>+ Frozen for Closure</i>	Chicken or Fish Tater Tots Brussel Sprouts Carrot Craisin Slaw Dinner Roll <i>+ Frozen for Closure</i>
WEEK 4 AUG 21-25	---- NO DELIVERY, KITCHEN CLOSURE ----				
WEEK 5 AUG 28-31 SEP 1	Monday 8/21 to 9/4 the Center 50+ will be closed for the annual deep cleaning of the building and kitchen. There will be no dining room during this time, deliveries will resume on Friday, 9/1 for the holiday weekend and then continue on Tuesday, 9/5.				Chili Con Carne Rice Pilaf Peas & Carrots Kale & Broccoli Salad Peaches

