

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 the kitchen. There will be no dining room during this time. Deliveries will resume on Friday, 9/1 for the regular meal, weekend meal (if you get them), and the holiday meal. We will continue regular deliveries on Tuesday, 9/5.

August Closure:
Monday 8/21 to 8/31

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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

SEPTEMBER 2023

HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

SEPTEMBER 2023

HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 SEPT 1					Chicken Strips Tater Tots Brussel Sprouts Carrot Craisin Slaw Dinner Roll
WEEK 2 SEPT 4-8	NO DELIVERY LABOR DAY	Swedish Meatballs Egg Noodles Italian Veggies Garden Salad with Cherry Tomatoes Peaches	Orange Chicken White Rice Sugar Snap Peas Hawaiian Slaw Naan Bread	Parmesan Chicken Sandwich Carrots Potato Chips Orange Wedges	Chicken Chili Rice Pilaf Green Beans Veggies & Ranch Dinner Roll
WEEK 3 SEPT 11-15	Salisbury Steak Mashed Potatoes Yellow Corn Confetti Salad Rosemary Bread	Herb Chicken Pasta with Herb Sauce Brussel Sprouts Cole Slaw Focaccia Bread	Chicken Salad Mixed Greens Carrots Sliced Cucumber Red Grapes Dinner Roll	Meatball Marinara Penne Pasta Yellow Corn Garden Salad with Pea & Cheese Pears	Fajita Chicken with Rice Carrots Cowboy Cavier Chips & Salsa
WEEK 4 SEPT 18-22	Chicken or Fish Crinkle Cut Fries Green Beans Fruit Cocktail Biscuit	Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Asian Broccoli Slaw Fortune Cookie	Meatloaf Mashed Potatoes Carrots Garden Salad with Cherry Tomatoes Peaches	Chicken Casserole Egg Noodles Yellow Corn Confetti Salad Rosemary Bread	Ham & Egg Frittata Rosemary Potatoes Peas & Carrots Biscuit Butter & Jam Orange Wedges
WEEK 5 SEPT 25-29	Sweet & Sour Meatballs White Rice Steamed Broccoli Hawaiian Salad Naan Bread	Enchiritos Bean & Cheese Spanish Rice Chuck Wagon Corn Pineapple Salsa Chips & Salsa	Veggie Lasagna Brussel Sprouts Garden Salad with Pea & Cheese Focaccia Bread	Chili Con Carne Brown Rice Italian Veggies Cole Slaw Jalapeno Cornbread	Herb Chicken Mash & Herb Gravy Yellow Corn Veggies & Ranch Dinner Roll



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