

MEALS ON WHEELS PROGRAM REMINDERS

Tue. 12/19 - Double Milk

Wed. 12/20 - Double Milk

Thur. 12/21 - No Milk - Frozen for Monday 12/25

Tue. 12/26 - Double Milk

Wed. 12/27 - Double Milk

Thur. 12/28 - No Milk - Frozen for Monday 1/1

December Closure:

Monday, December 25th, CHRISTMAS DAY

January Closure:

Monday, January 1st, NEW YEARS 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

DECEMBER 2023

HOME DELIVERED MEALS





MARION POLK FOOD SHARE

MEALS ON WHEELS

DECEMBER 2023

HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 DEC 1					Chicken or Fish Rice Pilaf Carrots Fruit Cocktail Dinner Roll
WEEK 2 DEC 4-8	Orange Chicken Rice Peas Pineapple Rings Fortune Cookie	Pizza Italian Vegetables Bread Stick Side Salad	Swedish Meatballs Pasta Steamed Carrots Tropical Fruit Rosemary Bread	Ham & Egg Frittata Potatoes Peas & Carrots Applesauce Biscuits	Salisbury Steak Mashed Potatoes Corn Fruit Cocktail Dinner Roll
WEEK 3 DEC 11-15	Chicken Chili Brown Rice Green Beans Veggies & Ranch Garlic Bread	Chicken Tenders Tater Tots Corn Cole Slaw Biscuit	Chili Con Carne Rice Mixed Vegetable Side Salad Peaches	Cheese Ravioli Italian Vegetable Focaccia Bread Fruit Cocktail	Fajita Chicken Spanish Rice Carrots Cowboy Caviar Chips & Salsa
WEEK 4 DEC 18-22	Spaghetti with Meat Sauce Italian Vegetable Garlic Toast Pears	Fish or Chicken Parmesan Herbed Potatoes Brussel Sprouts Cole Slaw Dinner Roll	Enchiritos Beans & Cheese Spanish Rice Chuck Wagon Corn Pineapple Salsa Chips	Korean Meatballs Rice Broccoli Hawaiian Salad Naan Bread	Roast Turkey Mashed Potatoes Gravy Green Beans Dinner Roll Cookie
WEEK 5 DEC 25-29		Veggie Lasagna Brussels Sprouts Peas & Cheese Salad Bread Sticks	Honey Mustard Herb Chicken Rosemary Potatoes Cole Slaw Potato Chips	Beef & Broccoli White Rice Carrots Fortune Cookie Asian Salad	Chicken Parmesan Pasta Peas Focaccia Bread Side Salad



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503-364-2856

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