

## MEALS ON WHEELS PROGRAM REMINDERS

**Tuesday 1/9 - Double Milk**

**Wednesday 1/10 - Double Milk**

**Thursday 1/11 - No Milk - Frozen for Monday 1/15**

### **January Closures:**

**Monday, January 1st NEW YEARS DAY**

**Monday, January 15th, Martin Luther King Jr. 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](http://www.foodsharemealsonwheels.org)

# JANUARY 2024

## HOME DELIVERED MEALS



MARION POLK FOOD SHARE  
**MEALS ON WHEELS**

# JANUARY 2024

# HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 JAN 1-5		Meatloaf Mashed Potatoes Gravy Corn Orange Wedges Dinner Roll	Chicken or Fish Rice Pilaf Carrots Fruit Cocktail Naan Bread	Orange Chicken Rice Peas Pineapple Rings Fortune Cookie	Pizza Italian Vegetables Bread Stick Side Salad
WEEK 2 JAN 8-12	Swedish Meatballs Pasta Steamed Carrots Tropical Fruit Rosemary Bread	Ham & Egg Frittata Potatoes Peas & Carrots Apple Sauce Biscuits	Salisbury Steak Mashed Potatoes Corn Fruit Cocktail Dinner Roll	Chicken Chili Brown Rice Green Beans Veggies & Ranch Garlic Bread	Chicken Tenders Tater Tots Corn Cole Slaw Biscuit
WEEK 3 JAN 15-19	Dr. MLK Jr. DAY	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	Spaghetti with Meat Sauce Italian Vegetable Garlic Toast Pears
WEEK 4 JAN 22-26	Herbed Chicken Rotini Pasta Carrots Rosemary Bread Green Salad	Enchirritos 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	Veggie Lasagna Brussels Sprouts Peas & Cheese Salad Bread Sticks
WEEK 5 JAN 29-31	Honey Mustard Herb Chicken Rosemary Potatoes Cole Slaw Potato Chips Green beans	Beef & Broccoli White Rice Carrots Fortune Cookie Asian Salad	Chicken Parmesan Pasta Peas Focaccia Bread Side Salad		



MARION POLK FOOD SHARE

**MEALS ON WHEELS**

**503-364-2856**

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