

# MEALS ON WHEELS PROGRAM REMINDERS

**Tue. 2/13 - Double Milk**  
**Wed. 2/14 - Double Milk**

**Thur. 2/15 - No Milk - Frozen for Mon. 2/19**

**Wed. 2/21 - Double Milk**  
**Thur. 2/22 No Milk - Frozen for Wed. 2/28**  
**Tue. 2/27 - Double Milk**

## **February Closures:**

**Monday, February 19, PRESIDENTS DAY**  
**Wednesday, February 28rd, FOOD SHARE ALL STAFF Mtg.**

**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)

# FEBRUARY 2024


## HOME DELIVERED MEALS



MARION POLK FOOD SHARE  
**MEALS ON WHEELS**

# FEBRUARY 2024

# HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 FEB 1-2				Teriyaki Chicken Rice Carrots Rosemary Bread Green Salad	Bourbon Chicken Rice Green Beans Naan Bread Cole Slaw
WEEK 2 FEB 5-9	Swedish Meatballs Pasta Steamed Carrots Tropical Fruit Rosemary Bread	Orange Chicken Rice Peas Pineapple Rings Fortune Cookie	Chili Con Carne Rice Mixed Vegetable Garlic Bread Broccoli Slaw	Ham & Egg Frittata Potatoes Peas & Carrots Apple Sauce Biscuits	Spaghetti w/Meat Sauce Italian Vegetable Garlic Toast Pears
WEEK 3 FEB 12-16	Chicken Chili Brown Rice Green Beans Fruit Cocktail Dinner Roll	Cheese Ravioli Italian Vegetable Focaccia Bread Green Salad	Fajita Chicken Spanish Rice Carrots Cowboy Caviar Chips & Salsa	Salisbury Steak Mashed Potatoes Corn Side Salad Peaches	Herb Chicken Rotini Pasta Carrots Rosemary Bread Green Salad
WEEK 4 FEB 19-23	<b>CLOSED for Presidents Day</b>	Teriyaki Chicken Rice Carrots Rosemary Bread Fruit Cocktail	Pizza Italian Vegetables Bread Sticks Side Salad	Beef & Broccoli White Rice Carrots Fortune Cookie Asian Salad	Chicken Parmesan Pasta Peas Focaccia Bread Side Salad
WEEK 5 FEB 26-29	Enchiritos Beans & Cheese Spanish Rice Chuck Wagon Corn Pineapple Salsa Chips	Honey Mustard Herb Chicken Rosemary Potatoes Cole Slaw Potato Chips	<b>CLOSED for Annual Food Share All Staff meeting</b>	Veggie Lasagna Brussels Sprouts Peas & Carrots Tropical Fruit Rosemary Bread	



MARION POLK FOOD SHARE

**MEALS ON WHEELS**

**503-364-2856**

[info@foodsharemealsonwheels.org](mailto:info@foodsharemealsonwheels.org)