

MEALS ON WHEELS PROGRAM REMINDERS

March 10th is Daylight Savings time

Spring Forward

Be sure to reset your clocks 1 hour ahead.

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

MARCH 2024


HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

MARCH 2024 HOME DELIVERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 MAR 1					Korean Meatballs Rice Broccoli Hawaiian Salad Naan Bread
WEEK 2 MAR 4-8	Chili Con Carne Rice Mixed Vegetable Three Bean Salad Dinner Roll	Orange chicken Rice Peas Pineapple Rings Fortune Cookie	Ham & Egg Frittata Potatoes Peas & Carrots Apple Sauce Biscuit	Chicken Tenders Tater Tots Corn Cole Slaw Bread Stick	Salisbury Steak Mashed Potatoes Corn Green Salad Dinner Roll
WEEK 3 MAR 11-15	Chicken Chili Brown Rice Green Beans Fruit Cocktail Potato Chips	Cheese Ravioli Italian Vegetable Focaccia bread Green Salad	Meat Loaf Mashed Potatoes Gravy Corn Dinner Roll Peaches	Herb Chicken Rotini Pasta Green beans Rosemary Bread Green Salad	Teriyaki Chicken Rice Carrots Naan bread Fruit Cocktail
WEEK 4 MAR 18-22	Spaghetti with Meat Sauce Italian Vegetable Garlic Toast Pears	Burbon Chicken Rice Peas & Carrots Biscuit Coleslaw	Fajita Chicken Spanish rice Carrots Cowboy Caviar Chips & Salsa	Swedish Meatballs Pasta Green Beans Green Salad Rosemary Bread	Beef & Broccoli White Rice Peas Fortune Cookie Asian Salad
WEEK 5 MAR 25-29	Chicken Parmesan Pasta Corn Focaccia Bread Tropical Fruit	Pizza Italian Vegetables Bread Sticks Side Salad	Enchiritos Beans & Cheese Spanish rice Chuck Wagon Corn Salsa Chips	Honey Mustard Chicken Rosemary Potatoes Carrots Cole Slaw Potato Chips	Korean Meatballs Rice Broccoli Hawaiian Salad Naan Bread



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503-364-2856

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