

MEALS ON WHEELS PROGRAM REMINDERS

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 that day.

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If there are changes for your service please contact our office at least 24 hours before the next delivery.

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


APRIL 2024

HOME DELIVERED MEALS



MARION POLK FOOD SHARE
MEALS ON WHEELS

APRIL 2024 HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie Lasagna Brussels Sprouts Tropical Fruit Rosemary Bread [1]	Orange chicken Rice Peas Pineapple Rings Fortune Cookie [2]	Chili Con Carne Rice Mixed Vegetable Three Bean Salad Corn Bread [3]	Chicken Parmesan Pasta Corn Focaccia Bread Tropical Fruit [4]	Salisbury Steak Mashed Potatoes Corn Fruit Dinner Roll [5]
Ham & Egg Frittata Potatoes Peas & Carrots Apple Sauce Biscuit [8]	Cheese Ravioli Italian Vegetable Garlic Toast Green Salad [9]	Beef & Broccoli White Rice Peas Fortune Cookie Asian Salad [10]	Herb Chicken Rotini Pasta Green beans Rosemary Bread Green Salad [11]	Meat Loaf Mashed Potatoes Gravy Corn Dinner Roll Peaches [12]
Chicken Chili Brown Rice Green Beans Fruit Cocktail Corn Bread [15]	Bourbon Chicken Rice Peas & Carrots Biscuit Coleslaw [16]	Spaghetti & Meat Sauce Italian Vegetable Garlic Toast Pears [17]	Teriyaki Chicken Rice Carrots Naan bread Fruit Cocktail [18]	Swedish Meatballs Pasta Green Beans Green Salad Rosemary Bread [19]
Honey Mustard Chicken Rosemary Potatoes Carrots Cole Slaw Potato Chips [22]	Pizza Italian Vegetables Bread Sticks Side Salad [23]	Fajita Chicken Spanish rice Carrots Cowboy Caviar Chips & Salsa [24]	Korean Meatballs Rice Broccoli Pineapple Coleslaw Naan Bread [25]	BBQ Chicken Potatoes Corn Dinner Roll Three Bean Salad [26]
Veggie Lasagna Brussels Sprouts Tropical Fruit Rosemary Bread [29]	Enchiritos Beans & Cheese Spanish rice Chuck Wagon Corn Salsa & Chips [30]			



MARION POLK FOOD SHARE

MEALS ON WHEELS

503-364-2856

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