

MEALS ON WHEELS PROGRAM REMINDERS

Tuesday 5/21 - Double Milk

Wednesday 5/22 - Double Milk

Thursday 5/23 - No Milk - Frozen for Monday 5/27

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May Closure:

Monday, May 27 MEMORIAL 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 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

MAY 2024

HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

MAY 2024 HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Orange chicken [1] Rice Peas Pineapple Rings Fortune Cookie	Chili Con Carne [2] Rice Mixed Vegetable Three Bean Salad Corn Bread	Chicken Parmesan [3] Pasta Corn Focaccia Bread Tropical Fruit
Cheese Ravioli [6] Italian Vegetable Garlic Toast Green Salad	Salisbury Steak [7] Mashed Potatoes Corn Fruit Dinner Roll	Ham & Egg Frittata [8] Potatoes Peas & Carrots Apple Sauce Biscuit	Beef & Broccoli [9] White Rice Peas Fortune Cookie Asian Salad	Herb Chicken [10] Rotini Pasta Green beans Rosemary Bread Green Salad
Teriyaki Chicken [13] Rice Carrots Naan bread Fruit Cocktail	Meat Loaf [14] Mashed Potatoes Gravy Corn Dinner Roll Peaches	Chicken Chili [15] Brown Rice Green Beans Fruit Cocktail Corn Bread	Honey Mustard [16] Chicken Rosemary Potatoes Carrots Cole Slaw Potato Chips	Korean Meatballs [17] Rice Broccoli Pineapple Coleslaw Naan Bread
Pizza [20] Italian Vegetables Bread Sticks Side Salad	Bourbon Chicken [21] Rice Peas & Carrots Biscuit Coleslaw	Spaghetti with [22] Meat Sauce Italian Vegetable Garlic Toast Pears	BBQ Chicken [23] Potatoes Corn Dinner Roll Fruit	Swedish Meatballs [24] Pasta Green Beans Peaches Rosemary Bread
 MEMORIAL DAY <small>REMEMBERING & HONORING ALL WHO SERVED</small>	Chicken Tenders [28] Tater Tots Corn Coleslaw Biscuit	Veggie Lasagna [29] Brussels Sprouts Tropical Fruit Rosemary Bread	Fish [30] Rice Peas & Carrots Fruit Naan Bread Tartar Sauce	[31]



MARION POLK FOOD SHARE

MEALS ON WHEELS

503-364-2856

info@foodsharemealsonwheels.org