

MEALS ON WHEELS PROGRAM REMINDERS

Wednesday 6/26 - Frozen for 7/4

Thursday 6/27 - Frozen for 7/5

Monday 7/1 - Double Milk

Tuesday 7/2 - Double Milk

Wednesday 7/3 - Frozen for 7/6 & 7/7

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July Closures:

Thursday, July 4th, Independence Day

Friday, July 5th, Company Closure

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

JULY 2024

HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

JULY 2024 HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
[1] Bourbon Chicken/ Rice Peas & Carrots Biscuit Coleslaw	[2] Ham & Egg Frittata Potatoes Mixed Vegetable Apple Sauce/ Biscuit	[3] Salisbury Steak Mashed Potatoes Carrots/ Side Salad Dinner Roll		
[8] Orange Chicken Rice Green Beans Pineapple Rings Fortune Cookie	[9] BBQ Chicken Potatoes Mixed Vegetables Dinner Roll Fruit	[10] Beef & Broccoli White Rice Peas Fortune Cookie Asian Salad	[11] Honey Mustard Chicken Rosemary Potatoes Carrots/ Side Salad Dinner Roll	[12] Korean Meatballs Rice Broccoli Pineapple Coleslaw Naan Bread
[15] Chicken Parmesan Pasta Italian Vegetable Focaccia Bread Tropical Fruit	[16] Chicken Tenders Tater Tots Corn Coleslaw / Biscuit	[17] Cheese Ravioli Italian Vegetable Garlic Toast Peaches	[18] Chicken Chili Brown rice Green Beans Fruit Cocktail Corn Bread	[19] Meatloaf Mashed Potatoes Corn Focaccia Bread Peaches
[22] Stir Fry Chicken Yakisoba Noodles Asian Vegetables Fruit Fortune Cookie	[23] Pizza Italian Vegetables Bread Sticks Side Salad	[24] Teriyaki Chicken Rice Carrots Naan Bread Fruit Cocktail	[25] Swedish Meatballs Pasta Green Beans Peaches Dinner Roll	[26] Fajita Chicken Spanish Rice Chuck Wagon Corn Chips & Salsa
[29] Spaghetti w/ Meat Sauce Mixed Vegetable Garlic Toast Pears	[30] Bourbon Chicken Rice Peas Carrots Biscuit Coleslaw	[31] Salmon Steamed Rice Vegetables Fruit Naan Bread		



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MEALS ON WHEELS

503-364-2856

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