

## MEALS ON WHEELS PROGRAM REMINDERS

**Thursday 8/1 - Double milk for closure**  
**Monday 8/5 to Thursday 8/8 -**  
**Double Milk & Frozen for the closure**  
**Friday 8/9 - 4 frozens for the weekends of**  
**8/10, 8/11 & 8/24, 8/25**

**Monday 8/12 to Thursday 8/15 -**  
**Double Milk & Frozen for the closure**  
**Friday 8/16 - 4 frozens for the weekends of**  
**8/17, 8/18 & 8/31, 9/1**

**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.

**We are using Door Dash to supplement our need for drivers you may receive a text message within the delivery window from their driver.**

\*

**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](http://www.foodsharemealsonwheels.org)

# AUGUST 2024

## HOME DELIVERED MEALS



MARION POLK FOOD SHARE

## MEALS ON WHEELS

# AUGUST 2024 HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			[1] Chicken Salad Cherry Tomatoes Mixed Greens Fruit + <i>Milk for Closure</i>	[2] Salisbury Steak Mashed Potatoes Corn Peas & Cheese Salad Dinner Roll
[5] Orange Chicken Rice Green Beans Pineapple Rings Fortune Cookie	[6] BBQ Chicken Potatoes Mixed Vegetables Dinner Roll Fruit	[7] Korean Meatballs White Rice Snap Peas Fortune Cookie Asian Salad	[8] Honey Mustard Chicken Rosemary Potatoes Carrots/ Side Salad Dinner Roll	[9] Beef Raviolis Marinara Sauce Italian Vegetable Bread Stick Apple Sauce
----- <i>Milk + Frozen for Closure</i> -----				+ <i>Frozens for Weekends</i>
[12] Chicken Parmesan Pasta Carrots Focaccia Bread Tropical Fruit	[13] Chicken Tenders Tater Tots Corn Coleslaw / Biscuit	[14] Cheese Ravioli Marinara Sauce Italian Vegetable Garlic Toast Three Bean Salad	[15] White Fish Rice Green Beans Orange Wedges Dinner Roll	[16] Meatloaf Mashed Potatoes Corn Focaccia Bread Peaches
----- <i>Milk + Frozen for Closure</i> -----				+ <i>Frozens for Weekends</i>
[19]	[20]	[21]	[22]	[23]
----- <b>NO DELIVERY, BUILDING CLOSURE</b> -----				
[26]	[27]	[28]	[29]	[30]
<b>Monday 8/19 to Monday 9/2 the Center 50+ will be closed for the annual deep cleaning of the building and kitchen. There will be no dining room during this time, deliveries will resume on Tuesday, 9/3.</b>				

