

MEALS ON WHEELS PROGRAM REMINDERS

Regular meal delivery to resume on 09/03/2024

As a reminder, please call the office if you would no longer want milks or side trays.

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.

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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.

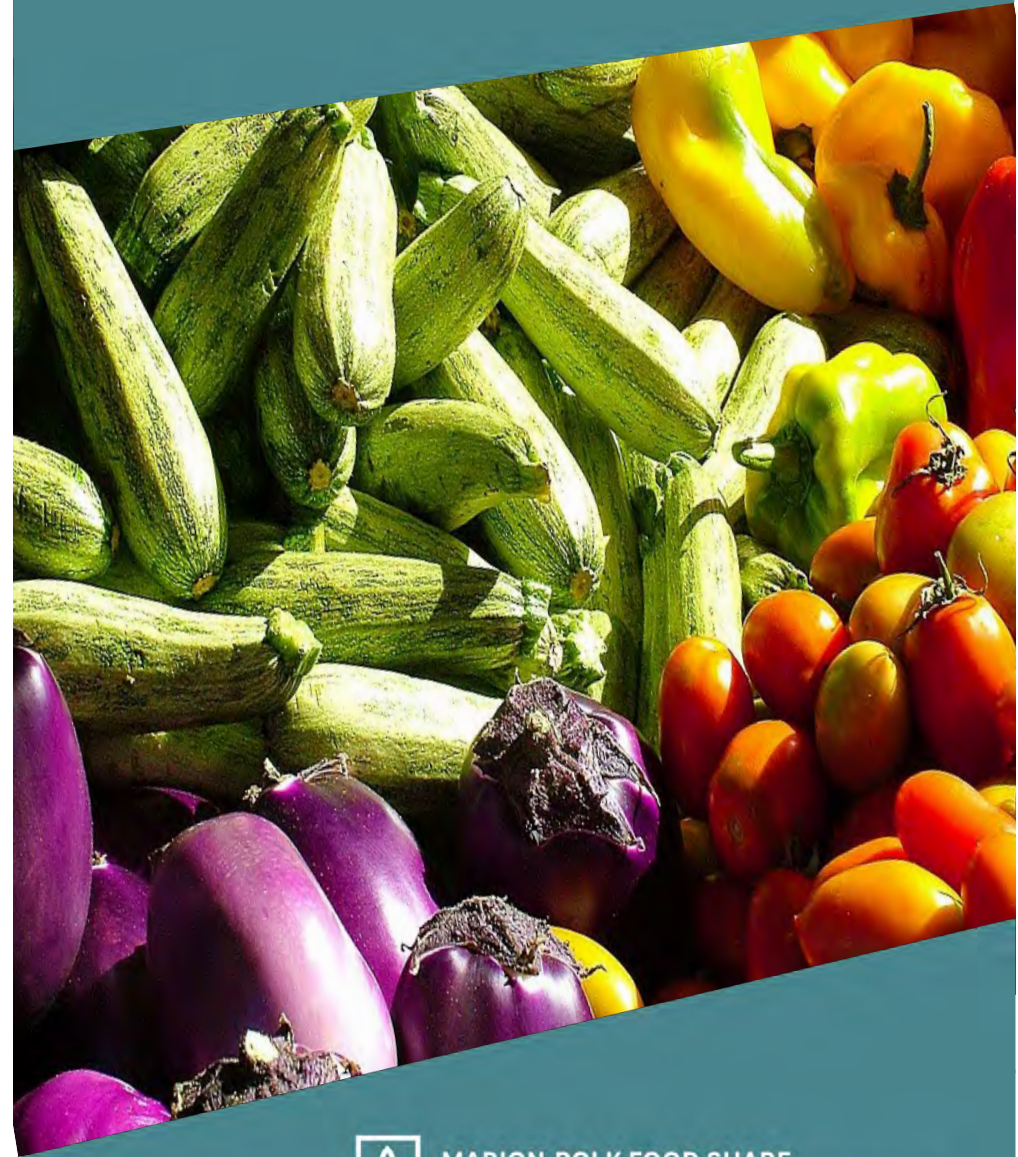


Call 2-1-1 or North West Senior & Disability Services at:
(503) 304-3420

www.foodsharemealsonwheels.org

SEPTEMBER 2024

HOME DELIVERED MEALS





MARION POLK FOOD SHARE

MEALS ON WHEELS

SEPTEMBER 2024

HOME DELIVERY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
|  <p>[2]</p> | <p>[3]</p> <p>Frozen Meal</p> | <p>[4]</p> <p>Beef Raviolis Italian Vegetable Pineapple Rings Apple Sauce</p> | <p>[5]</p> <p>Swedish Meat Balls Pasta Green Beans Peaches Dinner Roll</p> | <p>[6]</p> <p>Orange Chicken Rice Green Beans Pineapple Rings Fortune Cookies</p> |
| <p>[9]</p> <p>Salisbury Steak Mashed Potatoes Corn Peas & Cheese Salad Focaccia Bread</p> | <p>[10]</p> <p>BBQ Chicken Potatoes Mixed Vegetables Dinner Roll Fruit</p> | <p>[11]</p> <p>Korean Meatballs White Rice Snap Peas Naan Bread Asian Salad</p> | <p>[12]</p> <p>Honey Mustard Chicken Rosemary Potatoes Carrots Side Salad Dinner Roll</p> | <p>[13]</p> <p>Spaghetti w/Meat Sauce Italian Vegetables Garlic Toast Fruit</p> |
| <p>[16]</p> <p>Chicken Stir Fry Yakisoba Snap Peas Fruit Fortune Cookie</p> | <p>[17]</p> <p>Chicken Tenders Tater Tots Corn Coleslaw Biscuit</p> | <p>[18]</p> <p>Cheese Ravioli Marinara Sauce Italian Vegetable Garlic Toast Three Bean Salad</p> | <p>[19]</p> <p>White Fish Rice Green Beans Orange Wedges Dinner Roll</p> | <p>[20]</p> <p>Meatloaf Mashed Potatoes Corn Focaccia Bread Peaches</p> |
| <p>[23]</p> <p>Chicken Parmesan Pasta Carrots Focaccia Bread Tropical Fruit</p> | <p>[24]</p> <p>Chili Con Carne Green Beans Corn Bread Three Bean</p> | <p>[25]</p> <p>Salmon Steamed Rice Vegetables Orange Wedges Naan Bread</p> | <p>[26]</p> <p>Chicken Salad Cherry Tomatoes Mixed Greens Fruit</p> | <p>[27]</p> <p>Meatball Marinara Pasta Peas & Carrots Garlic Bread Pears</p> |
| <p>[30]</p> <p>Fajita Chicken Spanish Rice Chuck Wagon Corn Chips & Salsa</p> |  | | | |



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503-364-2856

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