

MEALS ON WHEELS PROGRAM REMINDERS

Wednesday 10/9 - Double Milk for 10/14

Thursday 10/10 - Frozen for 10/14

Tuesday - Frozen

Tuesday 10/29 - Frozen & Double Milk for 10/30

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October Closures:

**Monday, October 14th, Columbus Day
& Indigenous People's Day**

Wednesday, October 30th, Food Share All Staff Meeting

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 medica-
tion, and dentures.

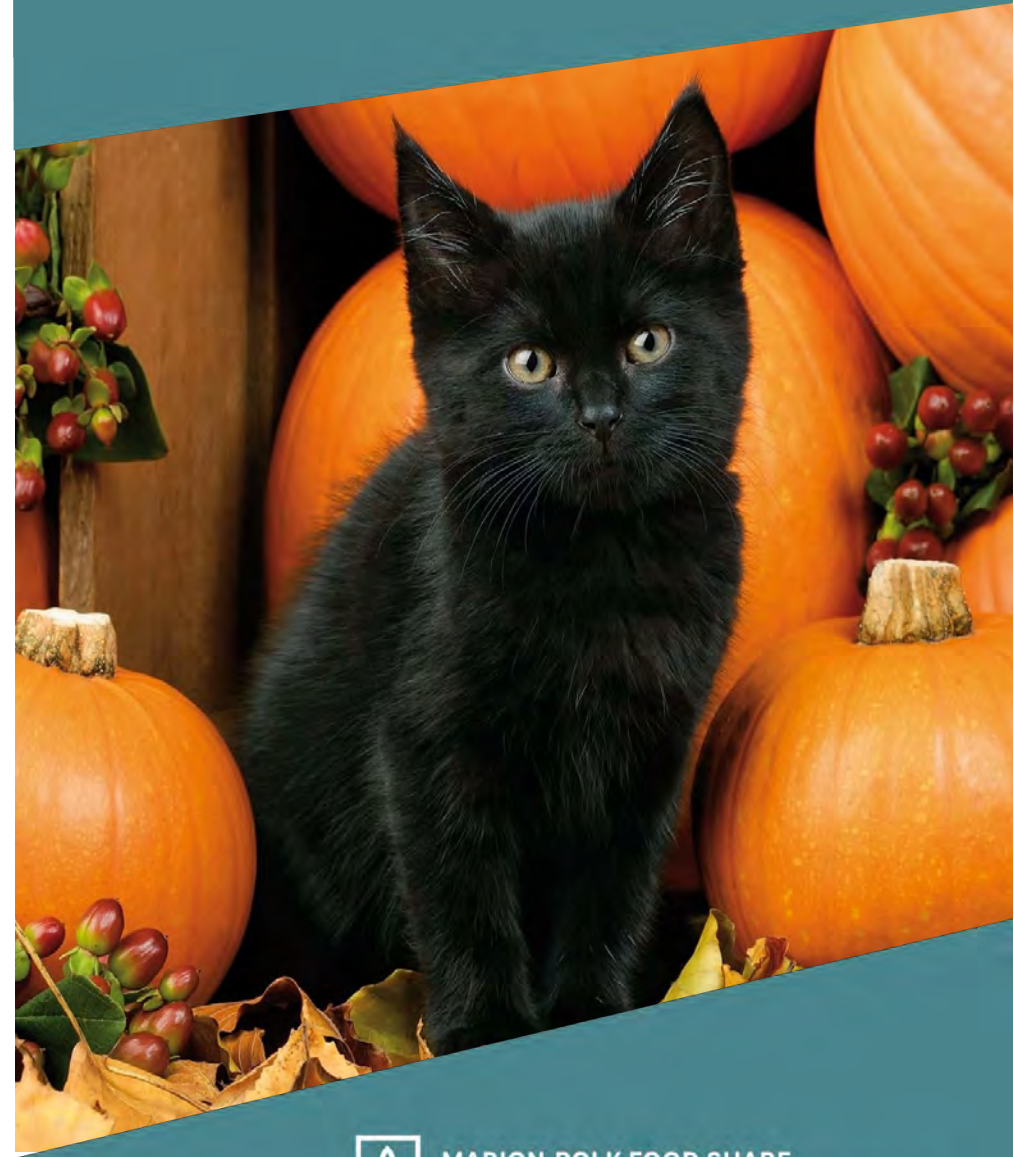


Call 2-1-1 or North West Senior &
Disability Services at:
(503) 304-3420

www.foodsharemealsonwheels.org

OCTOBER 2024

HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

OCTOBER 2024

HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	[1] Bourbon Chicken Rice Peas & Carrots Biscuit Coleslaw	[2] Orange Chicken Rice Snap Peas Pineapple Rings Fortune Cookie	[3] Swedish Meat Balls Pasta Green Beans Peaches Dinner Roll	[4] Frittata Roasted Red Potatoes Carrots Apple Sauce Biscuit
[7] Salisbury Steak Mashed Potatoes Corn Peas & Cheese Salad Focaccia Bread	[8] BBQ Chicken Potatoes Mixed Vegetable Biscuit Fruit	[9] Korean Meatballs White Rice Peas & Carrots Naan Bread	[10] Honey Mustard Chicken Rosemary Potatoes Corn Side Salad Dinner Roll	[11] Spaghetti w/Meat Sauce Italian Vegetables Garlic Toast Fruit
[14] CLOSED For Columbus Day & Indigenous People's Day	[15] Chicken Tenders Tater Tots Corn Coleslaw Biscuit	[16] Meatloaf Mashed Potatoes Corn Focaccia Bread Peaches	[17] White Fish Rice Green Beans Orange Wedges Dinner Roll	[18] Chili Con Carne Corn Corn Bread Three Bean Salad
[21] Chicken Parmesan Pasta Carrots Focaccia Bread Tropical Fruit	[22] Cheese Ravioli Marinara Sauce Italian Vegetable Garlic Toast Three Bean Salad	[23] Enchirito Bean & Cheese Spanish Rice Chuck Wagon Corn Chips & Salsa	[24] Chicken Salad Cherry Tomatoes Mixed Greens Fruit	[25] Meatball Marinara Pasta Peas & Carrots Garlic Bread Pears
[28] Salmon Steamed Rice Orange Wedges Naan Bread	[29] Herb Garlic Chicken Red Potatoes Italian Vegetables Rosemary Bread Peaches	[30] CLOSED For Annual Food Share All Staff Meeting	[31] Veggie Lasagna Brussels Sprouts Tropical Fruit Garlic Toast	



MARION POLK FOOD SHARE

MEALS ON WHEELS

503-364-2856

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