

MEALS ON WHEELS PROGRAM REMINDERS

Wednesday 1/15 — 1 Frozen for 1/20/2025
Thursday 1/16 — 1 Extra MILK for 1/20/2025

January 2025 CLOSURES

Wed. January 1st—New Years Day
Mon. January 20th—Dr. Martin Luther King Jr. 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.

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

JANUARY 2025

HOME DELIVERED MEALS



MARION POLK FOOD SHARE
MEALS ON WHEELS

JANUARY 2025 HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			[2] Meatball Marinara Pasta Peas & Carrots Garlic Bread Pears	[3] White Fish Rice Green Beans Pickled Beets Focaccia Bread
[6] Salisbury Steak Mashed Potatoes Corn Orange Wedges Dinner Roll	[7] Orange Chicken Rice Snap Peas Pineapple Rings Fortune Cookie	[8] Swedish Meatballs Pasta Green Beans Peaches Bread Stick	[9] Enchirito Bean & Cheese Spanish Rice Chuck Wagon Corn Chips & Salsa Fruit	[10] Honey Mustard Chicken Rosemary potatoes Corn Coleslaw Dinner Roll
[13] Spaghetti with Meat Sauce Italian Vegetable Garlic Toast Fruit	[14] BBQ Chicken Roasted Potato Mixed Vegetable Biscuit Fruit	[15] Korean Meatballs White Rice Peas & Carrots Naan Bread Tropical Fruit	[16] Meatloaf Mashed Potatoes Ketchup Mixed Vegetable Dinner Roll	[17] Salmon Steamed Rice Brussels Sprouts Orange Wedges Rosemary Bread
	[21] Veggie Lasagna Brussels Sprouts Tropical Fruit Bread Stick	[22] Chicken Tenders Tater Tots Corn Fruit Biscuit	[23] Chili Con Carne Rice Corn Corn Bred Three Bean Salad	[24] Chicken Parmesan Pasta Carrots Focaccia Bread Tropical Fruit
[27] Frittata Red Potatoes Carrots Apple Sauce Biscuit	[28] Cheese Ravioli Marinara Sauce Peas Pears Garlic Toast	[29] Fajita Chicken Spanish Rice Southwest Corn Fruit Chips & Salsa	[30] Herb Garlic Chicken Red Potatoes Italian Vegetables Rosemary Bread Peaches	[31] Teriyaki Chicken Yakisoba Noodles Mixed Vegetable Tropical Fruit Fortune Cookie