

## MEALS ON WHEELS PROGRAM REMINDERS

Wednesday 2/12 — **1 Frozen for 2/17/2025**  
Thursday 2/13 — **1 Extra MILK for 1/20/2025**  
Thursday 2/13 — **Pet Food Distribution**

### February 2025 CLOSURES

Mon. February 17th — **Presidents 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

# FEBRUARY 2025

## HOME DELIVERED MEALS



MARION POLK FOOD SHARE  
**MEALS ON WHEELS**

# FEBRUARY 2025 HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>[3]</p> <p>Teriyaki Chicken Yakisoba Noodles Mixed Vegetables Tropical Fruit Fortune Cookie</p>	<p>[4]</p> <p>Swedish Meatballs Pasta Green Beans Peaches Dinner Roll</p>	<p>[5]</p> <p>Orange Chicken Rice Snap Peas Pineapple Rings Fortune Cookie</p>	<p>[6]</p> <p><u>Breakfast Bowl</u> <i>Eggs—Sausage—Potatoes</i> Mixed Veggies Orange Wedges Biscuit</p>	<p>[7]</p> <p>Enchirito Bean &amp; Cheese Spanish Rice Chuck Wagon Corn Chips &amp; Salsa Fruit</p>
<p>[10]</p> <p>Spaghetti with Meat Sauce Italian Vegetable Garlic Toast Fruit</p>	<p>[11]</p> <p>BBQ Chicken Roasted Potato Mixed Vegetable Biscuit Fruit</p>	<p>[12]</p> <p>Korean Meatballs White Rice Peas &amp; Carrots Naan Bread Tropical Fruit</p>	<p>[13]</p> <p>Meatloaf Mashed Potatoes Ketchup Mixed Vegetable Dinner Roll</p>	<p>[14]</p> <p><b>Salmon</b> <b>Steamed Rice</b> <b>Brussels Sprouts</b> <b>Orange Wedges</b> <b>Rosemary Bread</b></p>
 <p>[18]</p> <p>Veggie Lasagna Brussels Sprouts Tropical Fruit Bread Stick</p>	<p>[19]</p> <p>Chicken Tenders Tater Tots Corn Fruit Biscuit</p>	<p>[20]</p> <p>Chili Con Carne Rice Corn Corn Bred Three Bean Salad</p>	<p>[21]</p> <p>Chicken Parmesan Pasta Carrots Focaccia Bread Tropical Fruit</p>	
<p>[24]</p> <p>Frittata Red Potatoes Carrots Apple Sauce Biscuit</p>	<p>[25]</p> <p>Cheese Ravioli Marinara Sauce Peas Pears Garlic Toast</p>	<p>[26]</p> <p>Fajita Chicken Spanish Rice Southwest Corn Fruit Chips &amp; Salsa</p>	<p>[27]</p> <p>Herb Garlic Chicken Red Potatoes Italian Vegetables Rosemary Bread Peaches</p>	<p>[28]</p> <p>Meatball Marinara Pasta Peas &amp; Carrots Pears Garlic Bread</p>

