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.

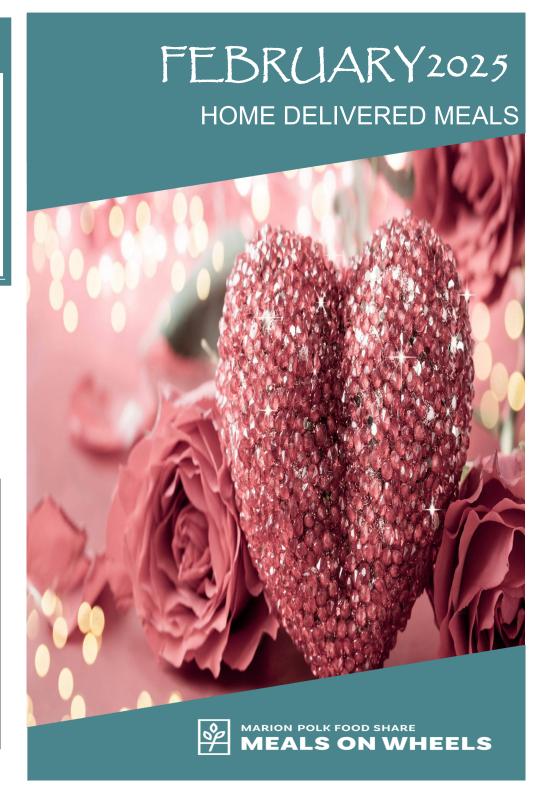
If there are changes for your service please contact our office at least 24 hours before the next delivery.

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 DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
[3]	[4]	[5]	[6]	[7]
Teriyaki Chicken	Swedish Meatballs	Orange Chicken	<u>Breakfast Bowl</u>	Enchirito
Yakisoba Noodles	Pasta	Rice	Eggs—Sausage—Potatoes	Bean & Cheese
Mixed Vegetables	Green Beans	Snap Peas	Mixed Veggies	Spanish Rice
Tropical Fruit	Peaches	Pineapple Rings	Orange Wedges	Chuck Wagon Corn
Fortune Cookie	Dinner Roll	Fortune Cookie	Biscuit	Chips & Salsa
[40]	5447	F4.01	[4.21	Fruit
Spaghetti with Meat Sauce Italian Vegetable Garlic Toast Fruit	BBQ Chicken Roasted Potato Mixed Vegetable Biscuit Fruit	[12] Korean Meatballs White Rice Peas & Carrots Naan Bread Tropical Fruit	[13] Meatloaf Mashed Potatoes Ketchup Mixed Vegetable Dinner Roll	Salmon Steamed Rice Brussels Sprouts Orange Wedges Rosemary Bread
Presidents' Day February 17	[18] Veggie Lasagna Brussels Sprouts Tropical Fruit Bread Stick	[19] Chicken Tenders Tater Tots Corn Fruit Biscuit	[20] Chili Con Carne Rice Corn Corn Bred Three Bean Salad	[21] Chicken Parmesan Pasta Carrots Focaccia Bread Tropical Fruit
[24]	[25]	[26]	[27]	[28]
Frittata	Cheese Ravioli	Fajita Chicken	Herb Garlic Chicken	Meatball Marinara
Red Potatoes	Marinara Sauce	Spanish Rice	Red Potatoes	Pasta
Carrots	Peas	Southwest Corn	Italian Vegetables	Peas & Carrots
Apple Sauce	Pears	Fruit	Rosemary Bread	Pears
Biscuit	Garlic Toast	Chips & Salsa	Peaches	Garlic Bread