

MEALS ON WHEELS PROGRAM REMINDERS

Thursday 3/13 — **Pet Food Distribution**

Friday 3/28 — **CSFP**

Monday 3/31 — **MENU Distribution**

March 2025 CLOSURES

- NONE -

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


MARCH 2025

HOME DELIVERED MEALS



MARION POLK FOOD SHARE
MEALS ON WHEELS

MARCH 2025 HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>[3]</p> <p>Salmon Steamed Rice Brussels Sprouts Orange Wedges Sour Dough</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 & Cheese Spanish Rice Chuck Wagon Corn Chips & 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 & Carrots Naan Bread Tropical Fruit</p>	<p>[13]</p> <p>White Fish Rice Green Beans Pickled Beets Focaccia Bread</p>	<p>[14]</p> <p>Meatloaf Mashed Potatoes Ketchup Mixed Vegetable Dinner Roll</p>
<p></p> <p><i>Veggie Lasagna</i> <i>Brussels Sprouts</i> <i>Tropical Fruit</i> <i>Bread Stick</i></p>	<p>[18]</p> <p>Corn Beef Cabbage Red Potatoes Pears Garlic Bread</p>	<p>[19]</p> <p>Chili Con Carne Rice Corn Corn Bred Three Bean Salad</p>	<p>[20]</p> <p>Teriyaki Chicken Yakisoba Noodles Mixed Vegetables Tropical Fruit Fortune Cookie</p>	<p>[21]</p> <p>Frittata Red Potatoes Carrots Apple Sauce Biscuit</p>
<p>[24]</p> <p>Chicken Parmesan Pasta Carrots Focaccia Bread Tropical Fruit</p>	<p>[25]</p> <p>Salisbury Steak Red Potatoes Peas & Carrots Pears Focaccia Bread</p>	<p>[26]</p> <p>Fajita Chicken Spanish Rice Southwest Corn Fruit Chips & Salsa</p>	<p>[27]</p> <p>Salmon Steamed Rice Brussels Sprouts Orange Wedges Sour Dough</p>	<p>[28]</p> <p>Honey Mustard Chicken Rosemary Poatoes Carrots Cole Slaw Biscuit</p>
<p>[31]</p> <p>Cheese Ravioli Marinara Sauce Peas Pears Garlic Toast</p>	