

MEALS ON WHEELS PROGRAM REMINDERS

April 2025 CLOSURES

Monday 4/14 & Tuesday 4/15

Monday 4/7 — Extra frozen meal for 4/14

Tuesday 4/8 — Extra frozen meal for 4/15

Wednesday 4/9 — Extra Milks for 4/14 & 4/15

Thursday 4/10 — Pet Food Distribution

Friday 4/25 — CSFP Senior Grocery Boxes

Monday 4/28 — Menu Distribution

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

APRIL 2025

HOME DELIVERED MEALS



MARION POLK FOOD SHARE
MEALS ON WHEELS

APRIL 2025 HOME DELIVERY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Tenders Jojos Peas Fruit Garlic Toast	2 Orange Chicken Rice Snap Peas Pineapple Rings Fortune Cookie	3 Breakfast Bowl (Eggs-Pork Sausage- Potatoes) Mixed Veggies Orange Wedges	4 Chicken Tenders Jojos Peas Fruit Biscuit
7 Spaghetti with Meat Sauce Italian Vegetables Fruit Garlic Toast	8 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Biscuit	9 Korean Meatballs White Rice Peas & Carrots Tropical Fruit Naan Bread	10 Frittata Red Potatoes Carrots Orange Wedges Biscuit	11 Meatloaf with Ketchup Mashed Potatoes Mixed Vegetables Peaches Dinner Roll
14 CLOSED No Delivery	15 CLOSED No Delivery	16 Pizza w/ Turkey Sausage Green Beans Side Salad Sourdough Bread	17 Teriyaki Chicken Rice Carrots Naan Bread Fruit Cocktail	18 Chicken Parmesan Pasta Broccoli Tropical Fruit Focaccia Bread
21 Chili Con Carne Rice Corn Three Bean Salad Corn Bread	22 Cheese Ravioli Marinara Sauce Green Beans Pears Garlic Toast	23 Honey Mustard Chicken Rosemary Potatoes Carrots Cole Slaw Dinner Roll	24 White Fish Rice Green Beans Pickles Beets Focaccia Bread	25 Meatball Marinara Pasta Peas & Carrots Pears Garlic Bread
28 Fajita Chicken Spanish Rice Southwest Corn Fruit Flour Tortilla	29 Herb Garlic Chicken Red Potatoes Italian Vegetables Peaches Sourdough Bread	30 Swedish Meatballs Pasta Green Beans Applesauce Focaccia Bread		