

MEALS ON WHEELS PROGRAM REMINDERS

June 2025 Important Dates

Thurs 6/19 - Juneteenth - No Delivery

Thursday 6/12— Pet Food Distribution

Tuesday 6/17 — Extra Frozen Meal for 6/19

Wednesday 6/18 — Extra Milk for 6/19

Thursday 6/19 — Closed—Juneteenth

Thursday 6/26 — Menu Distribution

Friday 6/27 — CSFP Senior Grocery Boxes

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?

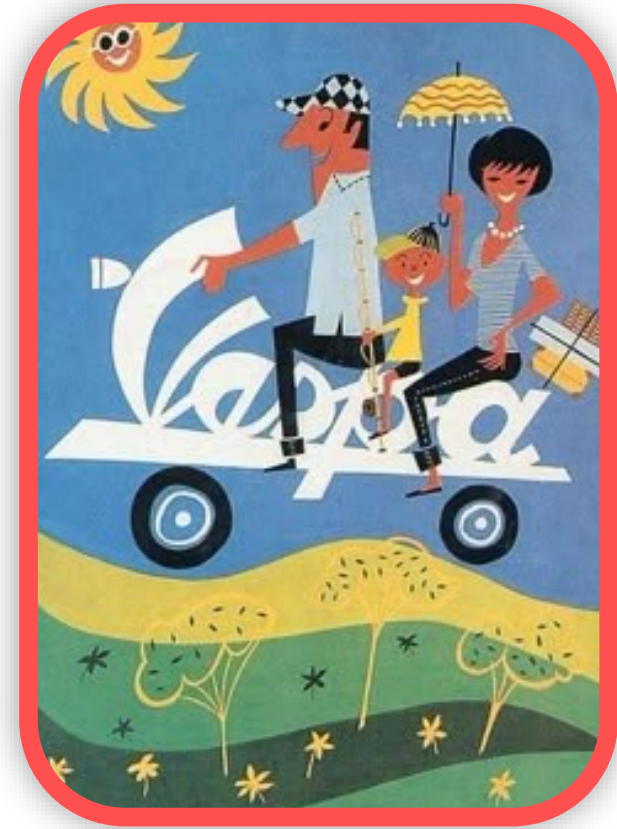
Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions 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

JUNE 2025

HOME DELIVERED MEALS



**Always look at back side
of menu for IMPORTANT DATES**



MARION POLK FOOD SHARE
MEALS ON WHEELS

JUNE 2025



HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swedish Meatballs Pasta Green Beans Applesauce Focaccia Bread	3 Orange Chicken White Rice Snap Peas Pineapple Rings Fortune Cookie	4 Korean Meatballs White Rice Peas & Carrots Tropical Fruit Naan Bread	5 Frittata with Ham Red Potatoes Carrots Orange Wedges Biscuit	6 Bean & Cheese Burrito Jojos Southwest Corn Tropical Fruit Green Salad
9 Meatloaf with Ketchup Mashed Potatoes Mixed Vegetables Peaches Dinner Roll	10 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Biscuits	11 Pizza w/ Turkey Sausage Green Beans Side Salad Focaccia Bread	12 Teriyaki Chicken White Rice Carrots Naan Bread Fruit Cocktail	13 Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread
16 Chili Con Carne White Rice Corn Three Bean Salad Cornbread	17 Cheese Ravioli Marinara Sauce Green Beans Pears Garlic Toast	18 Honey Mustard Chicken Rosemary Potatoes Carrots Cole Slaw Dinner Roll	19 Closed 	20 Breakfast Bowl w/ Eggs- Pork Sausage-Potatoes Mixed Veggies Orange Wedges English Muffin
23 Fajita Chicken Spanish Rice Southwest Corn Fruit Flour Tortilla	24 Chicken Tenders Jojos Peas Fruit Biscuit	25 Meatball Marinara Pasta Peas & Carrots Pears Garlic Bread	26 Chicken Salad Cherry Tomatoes Mixed Greens Fruit Dinner Roll	27 White Fish White Rice Green Beans Pickled Beets Focaccia Bread
30 Swedish Meatballs Pasta Green Beans Applesauce	Always look at back side of menu for IMPORTANT DATES			



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MEALS ON WHEELS

503-364-2856

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