

Meals on Wheels Program Reminders

June 2026 Important Dates

Wed 6/10 — **Extra Frozen Meal for 6/19**
No Milk With Meals Today

Thursday 6/11 — **Pet Food Distribution**

Friday 6/19 — **Closed: Holiday**

Thursday 6/25 — **Menu Distribution**

**Home delivered meals are scheduled to arrive
between 10:30 AM and 12:30 PM.**

**If it is after 1:00 and you haven't received
your meal, please call us that day.**

**If there are changes for your service, please call
at least 24 hours before the next delivery.**

Would you like to better manage your chronic condition?

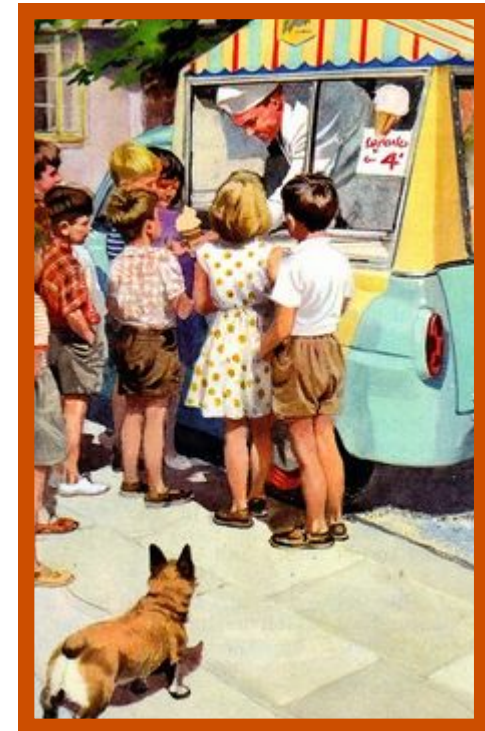
Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions 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 2026

Home Delivered Meals



**Always look at back of menu
for Important Dates**



MARION POLK FOOD SHARE
**MEALS ON
WHEELS**

June 2026

Home Delivery

Monday	Tuesday	Wednesday	Thursday	Friday
Teriyaki Chicken 1 White Rice Carrots Orange Wedes Fortune Cookie Naan Bread	Chicken Tenders 2 Jojos Peas Applesauce Biscuit	Korean Meatballs 3 White Rice Peas & Carrots Asian Slaw Naan Bread	Herb Garlic Chicken 4 Rosemary Potatoes Carrots Pears Focaccia Bread	Fajita Chicken 5 Spanish Rice Southwest Corn Mexi Slaw Corn Tortilla
Salisbury Steak 8 Red Potatoes Corn Fruit Sourdough Bread	Cheese Ravioli 9 Marinara Sauce Green Beans Pears Sourdough Bread	<u>No Milk Today</u> 10 Orange Chicken White Rice Peas & Carrots Asian Slaw Fortune Cookie & Naan	Meatloaf w/ Ketchup 11 Mashed Potatoes Mixed Vegetables Fruit Dinner Roll	Whitefish 12 Couscous Green Beans Pickled Beets Naan Bread
Veggie Lasagna 15 Brussels Sprouts Fruit Focaccia Bread	Honey Mustard Chicken 16 Rosemary Potatoes Cole Slaw Sourdough Bread	Frittata 17 w/ Broccoli & Cheese Potatoes Peas Tropical Fruit Biscuit	Chicken Parmesan 18 Pasta Broccoli Tropical Fruit Garlic Toast	Closed No Delivery
Bourbon Chicken 22 Jojos Peas Peaches Dinner Roll	Spaghetti w/ Meat Sauce 23 Carrots Peaches Garlic Toast	Teriyaki Chicken 24 White Rice Carrots Orange Wedges Fortune Cookie Dinner Roll	BBQ Chicken 25 Roasted Potatoes Mixed Vegetables Fruit Cornbread	Bean & Cheese Burrito 26 Jojos Corn Pea & Cheese Salad Naan Bread
Chili Con Carne 29 White Rice Mixed Vegetables Three Bean Salad Cornbread	Swedish Meatballs 30 Pasta Green Beans Pears Garlic Toast	  		