

Meals on Wheels Program Reminders

July 2026 Important Dates

- Wednesday 7/1 — **Extra Frozen Meal for 7/3**
(No Milk With Meals Today)
- Thursday 7/2 — **Extra Frozen for 7/4 & 7/5**
(No Milk With Meals Today)
- Friday 7/3 — **Closed: Holiday**
- Wednesday 7/8 — **Frozen for 7/18 (No Milk Today)**
- Thursday 7/9 — **Pet Food Distribution**
- Friday 7/10 — **Frozen for 7/17 (No Milk Today)**
- Wednesday 7/15 — **Frozen for 7/19 (No Milk Today)**
- Thursday 7/23 — **Menu Distribution**
- Monday 7/27 — **Frozen for 8/28 (One Milk Today)**
- Tuesday 7/28 — **Frozen for 8/29 (One Milk Today)**
- Wednesday 7/29 — **Frozen for 8/30**
(One Milk Today)
- Thursday 7/30 — **Frozen for 9/4 (One Milk Today)**

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?

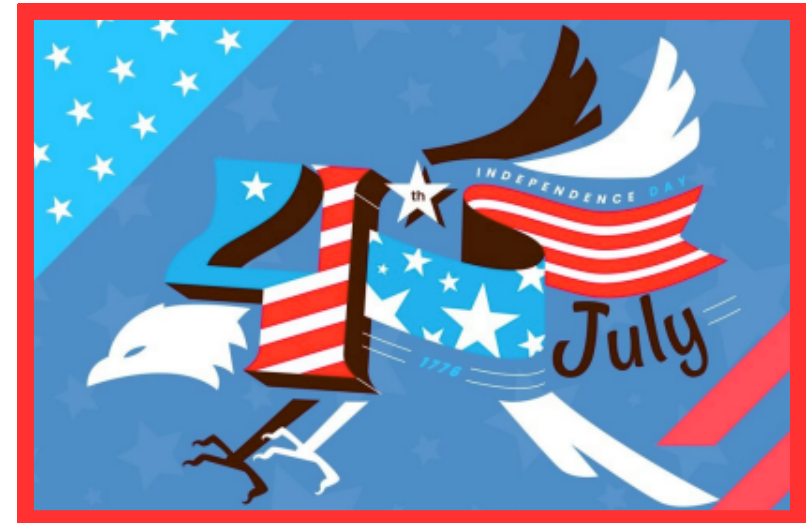
Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions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

July 2026

Home Delivered Meals



Always look at back of menu for Important Dates



MARION POLK FOOD SHARE

MEALS ON WHEELS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Salmon White Rice Peas & Carrots Pears Dinner Roll	2 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	3 Closed No Delivery
6 Salisbury Steak Red Potatoes Corn Fruit Sourdough Bread	7 Frittata w/ Broccoli & Cheese Potatoes Peas Tropical Fruit Biscuit	8 Orange Chicken White Rice Peas & Carrots Asian Slaw Fortune Cookie & Naan	9 Chicken Stir-Fry White Rice Mixed Vegetables Fruit & Fortune Cookie Focaccia Bread	10 Meatloaf w/ Ketchup Mashed Potatoes Mixed Vegetables Fruit Sourdough Bread
13 Chicken Tenders Jojos Peas Applesauce Biscuit	14 Fajita Chicken Spanish Rice Southwest Corn Mexi Slaw Corn Tortilla	15 Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread	16 Herb Garlic Chicken Rosemary Potatoes Carrots Pears Focaccia Bread	17 Closed No Delivery
20 Chili Con Carne White Rice Mixed Vegetables Three Bean Salad Cornbread	21 Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast	22 Teriyaki Chicken White Rice Carrots Orange Wedges Fortune Cookie & Naan	23 Honey Mustard Chicken Rosemary Potatoes Cole Slaw Sourdough Bread	24 Bean & Cheese Burrito Jojos Corn Pea & Cheese Salad Naan Bread
27 Veggie Lasagna Brussels Sprouts Fruit Focaccia Bread	28 Swedish Meatballs Pasta Green Beans Pears Garlic Toast	29 Salmon White Rice Peas & Carrots Pears Sourdough Bread	30 Chicken Parmesan Pasta Broccoli Tropical Fruit Garlic Toast	31 Korean Meatballs White Rice Peas & Carrots Asian Slaw Naan Bread