November 2026 Dining Room Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Chicken Rice Pilaf Peas and Carrots Fruit Cornbread	3 Turkey Sausage Pizza Green Beans Fruit Garlic Bread	4 Korean Meatballs White Rice Peas and Carrots Asian Slaw Naan Bread	5 Fajita Chicken Southern Style Quinoa Southwest Corn Mexi Slaw Corn Tortilla	6 Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast
9 Orange Chicken Veggie Fried Rice Broccoli Asian Slaw Fortune Cookie	10 Cheese Ravioli Marinara Sauce Green Beans Pears Dinner Roll	11 Closed Holiday	12 Chicken Tenders White Rice Peas Applesauce Biscuit	13 Smothered Bean Burrito Southern Style Quinoa Corn Pea & Cheese Salad Biscuit
Frittata 16 w/ Broccoli & Cheese Potatoes Peas Tropical Fruit English Muffin	17 Whitefish Couscous Green Beans Pickled Beets Naan Bread	18 Honey Mustard Chicken White Rice Mixed Vegetables Cole Slaw Sourdough Bread	19 Bourbon Chicken Veggie Fried Rice Peas Peaches Dinner Roll	20 Veggie Lasagna Brussels Sprouts Fruit Focaccia Bread
23 Chicken Parmesan Pasta Broccoli Tropical Fruit Garlic Toast	Roasted Turkey 24 Mashed Potatoes Stuffing Green Beans Cranberries Dinner Roll	Celebrate Birthdays 25 Herb Garlic Chicken Rice Pilaf Carrots Pears Focaccia Bread	26 Closed Holiday	27 Closed Holiday
30 Swedish Meatballs Pasta Green Beans Pears Garlic Toast				

MARION POLK FOOD SHARE
MEALS ON WHEELS

503-364-2856

info@foodsharemealsonwheels.org

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.

SNAP Supplemental Nutrition Assistance Program

Call 2-1-1 or North West Senior & Disability Services at: (503) 304-3420