Meals on Wheels Program Reminders

November 2026 Important Dates

No Delivery on Wed. 11/11, Wed.—Fri. 11/25—11/27

Wed. 11/4 — Frozen Meal for 11/11 (No Milk Today)
Wed. 11/11 — Closed for Holiday
Th. 11/12 — Pet Food Distribution
Mon. 11/16 — Frozen Meal for 11/27 (No Milk Today)
Wed. 11/18 — Frozen Meal for 11/25 (No Milk Today)
Th. 11/19 — Frozen Meal for 11/26 (No Milk Today) & Menu Distibution
Fri. 11/20 — Frozen Meal for 11/29 (No Milk Today)
Mon. 11/23 — Frozen Meal for 11/28 (No Milk Today)
Wed.—Fri. 11/25-11/27 — Closed for Holiday

***Starting Nov. 1st we will no longer provide side trays. You will receive a main tray and a fruit cup. See menu insert for details.**

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.
Please call at least 24 hours before the next delivery if there are any changes to your service.

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

November 2026

Home Delivered Meals

Always look at back of menu for Important Dates

MARION POLK FOOD SHARE
MEALS ON WHEELS

November 2026

Home Delivery

Monday	Tuesday	Wednesday	Thursday	Friday
2 Swedish Meatballs Pasta Green Beans Fruit Cup	3 BBQ Chicken Rice Pilaf Peas and Carrots Fruit Cup	4 Turkey Sausage Pizza Green Beans Fruit Cup	5 Korean Meatballs White Rice Peas and Carrots	6 Fajita Chicken Southern Style Quinoa Southwest Corn Fruit Cup
9 Spaghetti w/ Meat Sauce Carrots Fruit Cup	10 Orange Chicken Veggie Fried Rice Broccoli Fruit Cup	11 Closed Holiday	12 Cheese Ravioli Marinara Sauce Green Beans Fruit Cup	13 Chicken Tenders White Rice Peas Fruit Cup
16 Smothered Bean Burrito Southern Style Quinoa Corn Fruit Cup	17 Frittata w/ Broccoli & Cheese Potatoes Peas Fruit Cup	18 Roasted Turkey Mashed Potatoes Stuffing Green Beans Fruit Cup	19 Honey Mustard Chicken White Rice Mixed Vegetables Rosemary Potatoes Fruit Cup	20 Bourbon Chicken Veggie Fried Rice Peas Fruit Cup
23 Veggie Lasagna Brussels Sprouts Fruit Cup	24 Chicken Parmesan Pasta Broccoli Fruit Cup	25 Closed Holiday	26 Closed Holiday	27 Closed Holiday
30 Herb Garlic Chicken Rice Pilaf Carrots Fruit Cup				

MARION POLK FOOD SHARE
MEALS ON WHEELS

503-364-2856

info@foodsharemealsonwheels.org