

MEALS ON WHEELS PROGRAM REMINDERS

Monday 12/02—1 Frozen for 12/06

Thursday 12/12 —Pet Food

Tuesday 12/17—Extra Milk for 12/24

Wednesday 12/18—Extra Milk for 12/25

Thursday 12/19—1 Frozen for 12/24

Monday 12/23—1 Frozen for 12/25

December 2024 CLOSURES

Fri. December 6th—Company Holiday Party

Tues. Dec. 24th & Wed. Dec. 25th—Christmas Day

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

www.foodsharemealsonwheels.org

DECEMBER 2024

HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

DECEMBER 2024

HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Ravioli Marinara Sauce Peas Tropical Fruit Garlic Toast [2]	Chicken Tenders Tater Tots Corn Fruit Biscuit [3]	Chili Con Carne Rice Corn Corn Bread Three Bean Salad [4]	White Fish Rice Green Beans Orange Wedges Dinner Roll [5]	
Veggie Lasagna Brussels Sprouts Tropical Fruit Garlic Toast [9]	Korean Meatballs White Rice Peas & Carrots Naan Bread Tropical Fruit [10]	Enchirito Bean & Cheese Spanish Rice Chuck Wagon Corn Chips & Salsa Fruit [11]	Salisbury Steak Mashed Potatoes Corn Peas & Cheese Salad Focaccia Bread [12]	Honey Mustard Chicken Rosemary Potatoes Corn Coleslaw Dinner Roll [13]
Spaghetti w/ Meat Sauce Italian Vegetable Garlic Toast Fruit [16]	BBQ Chicken Roasted Potatoes Mixed Vegetable Biscuit Fruit [17]	Meatloaf Mashed Potatoes Mixed Vegetable Rosemary Bread Peaches [18]	Salmon Steamed Rice Brussels Sprouts Orange Wedges Naan Bread [19]	Turkey Mashed Potato Gravy Green Bean Corn Bread [20]
Chicken Parmesan Pasta Carrots Focaccia Bread Tropical Fruit [23]			Orange Chicken Rice Snap Peas Pineapple Rings Fortune Cookies [26]	Swedish Meatballs Pasta Green Beans Peaches Dinner Roll [27]
Frittata Tater Tots Carrots Apple Sauce Biscuit [30]	Herb Garlic Chicken Red Potatoes Italian Vegetable Rosemary bread Pears [31]			

