

MEALS ON WHEELS PROGRAM REMINDERS

Wednesday 11/06 - Frozen for 11/11
Thursday 11/07 - Double Milk for 11/11
Tuesday 11/19 - Frozen for 11/28
Wednesday 11/20 - Frozen for 11/29
Monday 11/25 - Double Milk for 11/28
Tuesday 11/26 - Double Milk for 11/29
Wednesday 11/27 - Frozens for 11/30 & 12/01

NOVEMBER CLOSURE DAYS

Nov. 11th - *Veterans Day*
Nov. 28th & 29th - *Thanksgiving*

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 at 503 264 2856.

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.

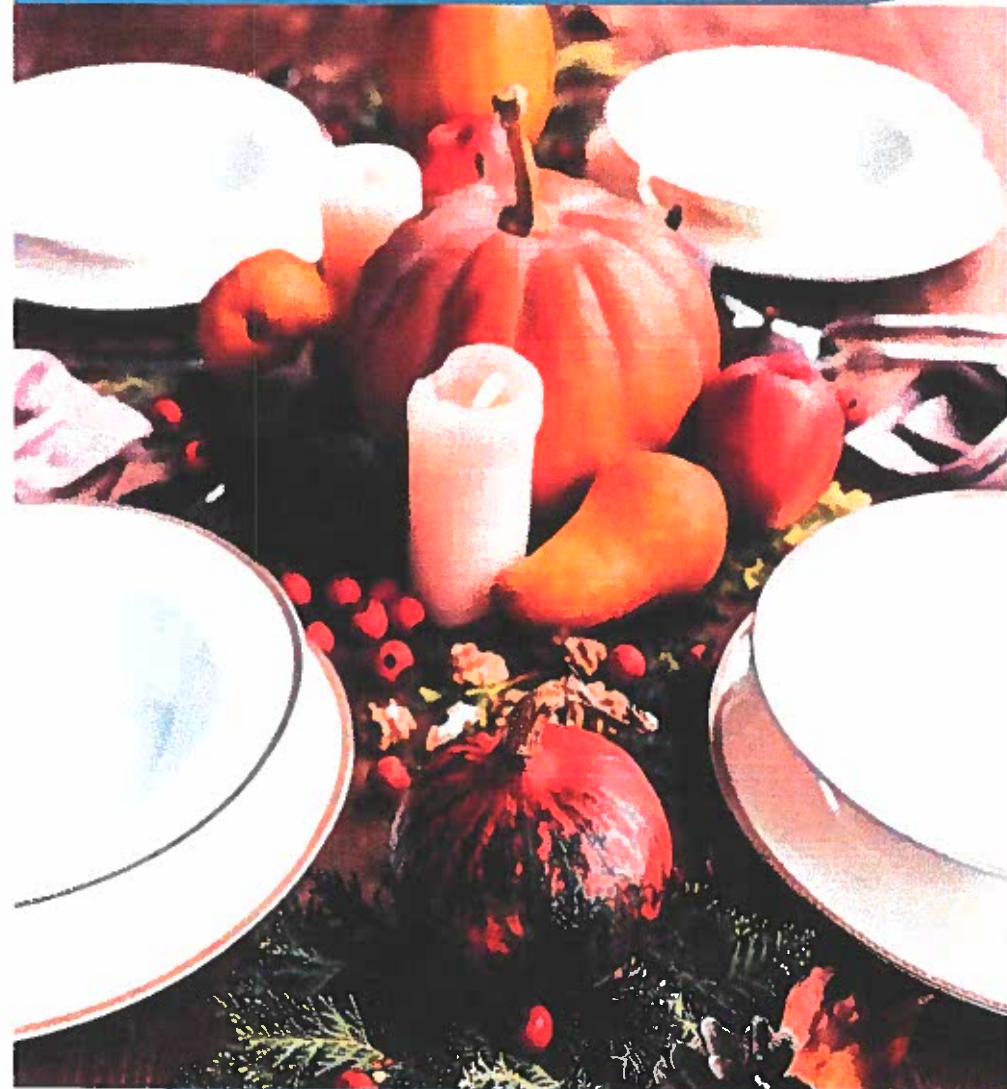


**Call 2-1-1 or North West Senior & Disability Services at:
(503) 304-3420**

www.foodsharemealsonwheels.org

NOVEMBER 2024

HOME DELIVERED MEALS



MARION POLK FOOD SHARE
MEALS ON WHEELS

NOVEMBER 2024

HOME DELIVERY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Fajita Chicken [7]
Spanish Rice
Chuck Wagon Corn
Chip & Salsa

[4]
Salisbury Steak
Mashed Potatoes
Corn
Peas & Cheese Salad
Focaccia Bread



[5]
BBQ Chicken
Potatoes
Mixed Vegetables
Dinner Roll
Fruit

[12]
Chicken Tenders
Tater Tots
Corn
Coleslaw
Biscuit

[6]
Korean Meatballs
Rice
Broccoli
Pineapple Coleslaw
Naan Bread
Meatloaf [13]
Mashed Potatoes
Ketchup
Mixed Vegetables
Rosemary Bread
Fruit

[20]
Enchirito
Bean & Cheese
Spanish Rice
Chuck Wagon Corn
Chips & Salsa
Turkey [27]
Mashed Potato
Gravy
Green Beans
Corn Bread
Cranberry Sauce

[7]
Honey Mustard
Chicken
Rosemary Potatoes
Carrots/ Side Salad
Dinner Roll
White Fish
Rice
Green Beans
Orange Wedges
Dinner Rolls

[21]
Meatball Marinara
Pasta
Peas & Carrots
Garlic Bread
Pears

[8]
Spaghetti
w/ Meat Sauce
Italian Vegetable
Garlic Toast
Fruit

[15]
Chili Con Carne
Corn
Corn Bread
Three Bean Salad

[22]
Salmon
Steamed Rice
Orange Wedges
Naan Bread

[18]
Chicken Parmesan
Pasta
Carrots
Focaccia Bread
Tropical Fruit

[19]
Orange Chicken
Rice
Snap Peas
Pineapple Rings
Fortune Cooking

[26]
Herb Garlic Chicken
Red Potatoes
Italian Vegetables
Rosemary Bread
Peaches

[25]
Frittata
Tater Tots
Carrots
Apple Sauce
Biscuit



Happy Thanksgiving!



MARION POLK FOOD SHARE

MEALS ON WHEELS

503-364-2856

info@foodsharemealsonwheels.org