




Center 50+ Dining January 2018



Lunches purchased with the ticket program are not to be taken to go—the funding program requires they be eaten in-house. Talk with Julia or Mel (upstairs in the MOW office_ if you have any questions.

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Jan 1-5 	CLOSED	Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Mandarin Oranges Fortune Cookie	Caesar Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Angel Food Cake	Carrot Raisin Salad Chili Con Carne Brown Rice Broccoli Corn Bread Jell-O
Week 2 Jan 8-12	Beet Salad Beef Burgundy Egg Noodles Green Beans Rosemary Bread Pears	Mexi-Slaw Chicken Enchiladas Peas & Carrots Chips & Salsa Pudding	House Salad Roasted Chicken Baby Red Potatoes Broccoli Dinner Roll	Confetti Salad Meatloaf Mashed Potato Italian Veg Dinner Roll Brownie	Peas & Cheese Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll & Jell-O
Week 3 Jan 15-19 	Closed for Martin Luther King Day	Beet Salad Beef Stroganoff Green Beans Rosemary Bread Pudding	Asian Slaw Teriyaki Chicken White Rice Broccoli Oranges Fortune Cookie	Caesar Salad Penne w/ Meat Sauce Italian Veg Sourdough Bread Pears	Carrot Raisin Salad Baked Fish or Chicken Baby Red Potatoes Green Beans, Roll Birthday Cake
Week 4 Jan 22-26	Three Bean Salad Chicken Casserole Brussel Sprouts Rosemary Bread Pudding	Beet Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Pears	House Salad Herb Crusted Chicken Mashed Potatoes Green Beans, Roll Brownie	Confetti Salad Lasagna Broccoli Sourdough Bread Angel Food Cake	Peas & Cheese Chili Con Carne Brown Rice Italian Veg Corn Bread Jell-O
Week 5 Jan 29-31	Carrot Raisin Salad Beef Ravioli Italian Veg Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pears	House Salad Meatloaf Mashed Potatoes Green Beans Dinner Roll Brownie		



Meals on Wheels Office 503-364-2856

Meals on Wheels Program Reminders

- * Call before 2pm the day before to make changes to your deliveries otherwise you may still be charged for the meal.**
- * Call ahead at least 2 days ahead of absences and we can bring a frozen meal**
- * Drivers may or may not leave a meal in a cooler if you aren't home—its best to call the Meals on Wheels office.**



Help yourself while helping the local economy!

SNAP is a free program that helps you with your food expenses, allowing you to eat better! Your food purchases support jobs at food processors, grocery stores, and local agriculture. SNAP brings more than \$1 billion federal food dollars into Oregon each year . You benefit, the economy benefits.

Call 211 or North West Senior & Disability Services at (503) 304-3420 to get safe and secure information about SNAP.



Meals on Wheels

January 2018



Questions? Comments about our food? We would love to hear about it!

Give us a call at 503-364-2856 or
stop by our office 9am—2pm located at:

2615 Portland Rd. NE
Salem, OR 97301