







# Meals on Wheels Delivery February 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
<b>Week 1</b> Feb 1-2				House Salad Meatloaf Mashed Potatoes Green Beans Dinner Roll Brownie	House Salad Swedish Meatballs Egg Noodles Brussel Sprouts Mixed Veg Dinner Roll/Fruit Salad
<b>Week 2</b> Feb 5-9	Confetti Salad Baked Fish or Chicken Baby Reds Peas & Carrots Mixed Veg Biscuit Angel Food Cake	Peas & Cheese Cheese Ravioli Italian Veg Mixed Veg Sourdough Bread Pudding	Three Bean Salad Chicken Casserole Broccoli Mixed Veg Dinner Roll Apple Crisp	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Mixed Veg Dinner Roll Pears	House Salad Meatloaf Mashed Potatoes Green Beans Mixed Veg Dinner Roll Pineapple Cake
<b>Week 3</b> Feb 12-16	Corn & Tomato Salad Chili Con Carne Brown Rice Peas & Carrots Corn Bread Jell-O	Beet Salad Beef Stroganoff Broccoli Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Brown Rice Chuck Wagon Corn Mixed Veg Chips & Salsa Pears	House Salad Salisbury Steak Mashed Potatoes Brussel Sprouts Mixed Veg, Dinner Roll Pears <b>+ Frozen for Mon. 2/19</b>	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Spring Roll Mandarin Oranges Fortune Cookie
<b>Week 4</b> Feb 19-23	President's Day 	Caesar Salad Lasagna Broccoli Mixed Veg Sourdough Bread Birthday Cake	Confetti Salad Chicken Casserole Green Beans Mixed Vegetables Sourdough Bread Pudding	Peas & Cheese Swedish Meatballs Egg Noodles Brussel Sprouts Mixed Veg Sourdough Bread Brownies	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Mixed Veg Dinner Roll Pears
<b>Week 5</b> Feb 26-28	Coleslaw Baked Fish or Chicken Tater Tots Chuck Wagon Corn Mixed Veg Biscuit Jell-O	Three Bean Salad Chicken Parmesan Egg Noodle Italian Veg Mixed Veg Sourdough Bread Fruit Salad	House Salad Roasted Pork or Chicken Mashed Potatoes Green Beans Mixed Veg Dinner Roll Brownies		



Meals on Wheels Office 503-364-2856

## Meals on Wheels Program Reminders

**Closed Monday Feb 19th for Presidents Day**

*Frozens will be delivered on Thurs 2-15*

**Bad weather could delay or cancel lunch. Check [www.marionpolkfoodshare.org](http://www.marionpolkfoodshare.org)**

**for announcements or call 503-364-2856.**

**All clients should now have emergency food boxes on hand—if you didn't get one please call our office.**

**We'll do our best to announce decisions as early as possible for your convenience.**



**Give yourself the chance for more money towards your prescriptions by saving money on food!**

SNAP is a free program that can lighten your load and provide food benefits that can lead to an enhanced and more meaningful lifestyle. Participation in this free program will not affect other benefits such as SSI and SSDI.

Call 211 or Northwest Senior & Disability Center at (503) 304-3420 for a personalized and confidential assistance to get information and to apply for SNAP.



# Meals on Wheels



South Salem Senior Center

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