

Meals on Wheels Delivery April 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 April 2-6	Coleslaw Baked Fish or Chicken Tater Tots Chuck Wagon Corn Biscuit Jell-O	Spring Green Mix Chicken Salad Carrots Cucumbers Tomatoes Wheat Bread Pears	Beet Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Angel Food Cake	Asian Slaw Chicken Stir Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	Coleslaw BBQ Chicken Baked Beans Broccoli Dinner Roll Apple Berry Crisp
Week 2 April 9-13	Cesar Salad Lasagna Italian Vegetables Sourdough Bread Jell-O	Three Bean Salad Chicken Casserole Italian Vegetables Rosemary Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Fruit Salad	House Salad Meatloaf Mashed Potatoes Green Beans Dinner Roll Peach Cobbler	Beet Salad Herb Roasted Chicken Brown Rice Peas & Carrots Dinner Roll Brownie
Week 3 April 16-20	Peas & Cheese Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O	Confetti Salad Beef Stroganoff Italian Vegetables Sourdough Bread Pudding	Coleslaw BBQ Chicken Baked Beans Peas & Carrots Biscuit Pears	Carrot Raisin Salad Swedish Meatballs Egg Noodles Broccoli Dinner Roll	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie
Week 4 April 23-27	Beet Salad Chile Con Carne Brown Rice Green Beans Cornbread Birthday Cake	Spring Green Mix Chicken Salad Carrots Cucumbers Tomatoes Wheat Bread Pears	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Angel Food Cake	Beet Salad Herb Roasted Chicken Brown Rice Peas & Carrots Dinner Roll Table Grapes	House Salad Meatloaf Mashed Potatoes Green Beans Dinner Roll Brownie
Week 5 April 30th	Peas & Cheese Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O	Three Bean Salad Chicken Casserole Italian Vegetables Rosemary Bread Pudding			



Meals on Wheels Office 503-364-2856

Meals on Wheels Program Reminders

*** If you won't be home to accept deliveries and wish for drivers to leave food in a cooler please call the office to let us know 503-364-2856.**

***During the month of April we will be trying to make sure we have current emergency contacts on file for all clients—you may bet a call from us asking to verify/update this information.**



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 211 or North West Senior & Disability Services at (503) 304-3420 to get safe and secure information or to get help with applying.



Meals on Wheels



APRIL

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