



Meals on Wheels Delivery May 2018



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 May 1-4		Three Bean Salad Chicken Casserole Italian Vegetables Rosemary Bread Pudding	House Salad Roasted Pork or Chicken Mashed Potato Brussel Sprouts Dinner Roll Brownie	Beet Salad Swedish Meatballs Egg Noodles Broccoli Dinner Roll Fruit Salad	Asian Slaw Chicken Stir-Fry Yakisoba noodles Sugar Snap Peas Oranges Fortune Cookie
Week 2 May 7-11	Cole Slaw BBQ Chicken Baked Beans Chuck Wagon Corn Biscuit Jell-O	Confetti Salad Cheese Ravioli Italian Vegetables Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Peas & Carrots Chips & Salsa Pears	House Salad Salisbury Steak Mashed Potato Brussel Sprouts Dinner Roll Angel Food Cake	Peas & Cheese Herb Roasted Chicken Red Potatoes Green Beans Rosemary Bread Tropical Fruit
Week 3 May 14-18	Corn & Tomato Salad Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O	Beet Salad Beef Stroganoff Italian Vegetables Sourdough Bread Pudding	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	Carrot Raisin Salad Chili Con Carne Brown Rice Broccoli Corn Bread Apple Crisp	Cole Slaw BBQ Chicken Baked Beans Peas & Carrots Biscuit Pears
Week 4 May 21-25	Caesar Salad Lasagna Italian Vegetables Sourdough Bread Birthday Cake	Three Bean Salad Chicken Casserole Green Beans Rosemary Bread Pudding	House Salad Meatloaf Mashed Potatoes Peas & Carrots Dinner Roll Brownies	Peas & Carrots Herb Roasted chicken Red Potatoes Brussel Sprouts Dinner Roll Tropical Fruit +Frozen for 05/28	Confetti Salad Penne w/ Meat Sauce Italian Vegetables Rosemary Bread Grapes
Week 5 May 28-31	MEMORIAL DAY No home delivered meals today	Corn & Tomato Salad Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O	Spring Greens Chicken Salad Carrots Cucumbers Tomatoes Wheat Bread Pears	Beet Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Peach Cobbler	



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.**



Meals on Wheels

May 2018



Save money on food!

Do you or someone you know need more food? SNAP is an easy way to get more food on your plate and is a proven way to help ease financial burden.

The average food assistance benefit for a senior household in Oregon is about \$90 per month. Everyone who is eligible will get help. Your participation in SNAP does not take away money or food from an individual or families with children.

Make ends meet! Call 211 or North West Senior & Disability Services at (503) 304-3420 to get safe and confidential information or to get help with applying.



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