





Meals on Wheels Delivery Menu July 2018

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 July 2-6	Carrot Raisin Chile Con Carne Brown Rice Peas & Carrots Cornbread Jell-O	Coleslaw BBQ Chicken Baked Beans Broccoli Biscuit Fruit Salad	No Deliveries Today 	Spring Greens Chicken Salad Baby Carrots Grape Tomatoes Sliced Cucumber Dinner Roll	Caesar Salad Spaghetti W/ Meat Sauce Italian Veg Rosemary Bread Pudding
Week 2 July 9-13	Peas & Cheese Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O	Three Bean Salad Chicken Casserole Green Beans Sourdough Bread Pears	House Salad Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Brownie	Beet Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Apple Berry Crisp	House Salad Herb Roasted Chicken Brown Rice Broccoli Dinner Roll Fruit Salad
Week 3 July 16-20	Caesar Salad Lasagna Italian Veg Rosemary Bread Grapes	Spring Greens Chicken Salad Baby Carrots Grape Tomatoes Sliced Cucumber Dinner Roll	Mexi- Slaw Chicken Enchiladas Broccoli Chips & Salsa Pudding	Carrot Raisin Salad Beef Stroganoff Green Beans Dinner Roll Spice Cake	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Biscuit Watermelon
Week 4 July 23-27	Coleslaw Baked Fish or Chicken Red Potatoes Mixed Veg Dinner Roll Jell-O	Confetti Salad Cheese Ravioli Italian Veg Rosemary Bread Pudding	Peas & Cheese Sloppy Joes Tater Tots Green Beans Hamburger Bun Peach Cobbler	House Salad Herb Roasted Chicken Brown Rice Brussel Sprouts Dinner Roll Grapes	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie
Week 5 July 30-31	Beet Salad Tuna or Chicken Casse- role Broccoli Dinner Roll Fruit Salad	Spring Greens Chicken Salad Baby Carrots Grape Tomatoes Sliced Cucumber Dinner Roll			



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.**

***Billing is sent out around the 15th of the month and due by the 30th. If you have questions about your bill please call the office at 503-364-2856**

***Delivery window for meals is between 11:30am and 1pm. Please wait until 1pm to call and check on status of your meal.**



Meals on Wheels

July 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.



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



Our kitchen will be closed for maintenance August 27th through August 31st. During this time we will be replacing delivery of hot meals with delivery of FROZEN meals. Frozen meals do not include a salad tray—you'll only be receiving one tray. To heat up the meal, vent the sides of the plastic seal and heat it up for 2-3 minutes (depending on your microwave). If you do not want to receive frozen meals and want to suspend your service during the closure please call our office at 503-364-2856, otherwise we will deliver as usual.



If you feel you fall within the sensitive population that is being advised not to drink the tap water please call Meals on Wheels at 503-364-2856 and we may be able to deliver water to you.

The City of Salem's Drinking Water Advisory applies to vulnerable populations including;

- * Children 6 years of age and younger
- * People with compromised immune systems or pre-existing liver conditions
- * People receiving dialysis treatment, or other sensitive populations
- * The elderly
- * Pregnant women and nursing mothers
- * Pets

If you have questions about the water advisory feel free to call us and we can get you the most current information put out by the City of Salem.