

# Meals on Wheels Delivery Menu September 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, Carla or Mel (upstairs in the MOW office) if you have any questions.

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> September 4th-7th		Salisbury Steak Mashed Potatoes Brussel Sprouts  <b>FROZEN</b>	Three Bean Salad Beef Ravioli Italian Vegetables Sourdough Bread Pudding	House Salad Chili Con Carne Brown Rice Green Beans Dinner Roll Apple Crisp	House Salad Herb Crusted Chicken Mashed Potatoes Broccoli Dinner Roll Fruit Salad
<b>Week 2</b> September 10th-14th	Peas & Cheese Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O	Spring Greens Chicken Salad Cucumbers Grape Tomatoes Shredded Carrots Dinner Roll	House Salad Roast Pork or Chicken Mashed Potatoes Brussel Sprouts Dinner Roll Apple Crisp	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	Beet Salad Sloppy Joes Broccoli Hamburger Bun Angel Food Cake
<b>Week 3</b> September 17th-21st	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Biscuit	Beet Salad Beef Burgundy Egg Noodles Green Beans Dinner Roll	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pudding	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll	Macaroni Salad Chicken Teriyaki Rice Sugar Snap Peas Oranges
<b>Week 4</b> September 24th-28th	Coleslaw Salmon Cake Green Beans Dinner Roll Birthday Cake	Three Bean Salad Cheese Ravioli Italian Vegetables Sourdough Bread Pudding	Asian Slaw Beef & Broccoli Brown Rice Sugar Snap Peas Oranges Fortune Cookie	House Salad Herb Roasted Chicken Mashed Potatoes Broccoli Dinner Roll Fruit Salad	Beet Salad Swedish Meatballs Egg Noodles Italian Vegetables Sourdough Bread Angel Food Cake



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 1:00 PM TO CALL IF  
YOU NEED TO CHECK ON THE STATUS OF  
YOUR MEAL.**



### **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.

