




Meals on Wheels January 2019 Delivery Menu



Starting Jan 7th Meals on Wheels will be delivering 8oz cartons of 1% milk with all meals Monday, Tuesday, Wednesday and Thursday. Juice will no longer be offered (some funding programs provided juice with meals). If you have any questions, please call our office 503-364-2856. If you don't want milk you may call us and let us know.

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Dec 31—Jan 4	Coleslaw Baked Fish or Chicken Tater Tots Peas & Carrots Dinner Rolls Jello	Closed for New Year's Day 	Beet Salad Beef Burgundy Egg Noodles Green Beans Rosemary Bread Pears	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Mandarin Oranges Fortune Cookie	Caesar Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Angel Food Cake
Week 2 Jan 7th—11th	Peas & Cheese Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O	Three Bean Salad Cheese Ravioli Italian Vegetables Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Peas & Carrots Chips & Salsa Oranges	Confetti Salad Salisbury Steak Mashed Potatoes Italian Vegetables Dinner Roll Apple Crisp	House Salad Roasted Chicken Baby Red Potatoes Broccoli Dinner Roll Pears
Week 3 Jan 14th—18th	Carrot Raisin Salad Chili Con Carne Brown Rice Broccoli Corn Bread Jell-O	Three Bean Salad Chicken Casserole Brussel Sprouts Rosemary Bread Pudding	Beet Salad Beef Stroganoff Green Beans Rosemary Bread Mixed Fruit	Asian Slaw Teriyaki Chicken Brown Rice Broccoli Oranges Fortune Cookie	Caesar Salad Spaghetti w/ Meat Sauce Italian Vegetables Sourdough Bread Pears
Week 4 Jan 21st—25th	Closed for MLK Day 	Coleslaw Salmon Cakes or Chicken Rice Pilaf Green Beans Dinner Roll Birthday Cake	Beet Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Pears	House Salad Herb Crusted Chicken Mashed Potato Green Beans Dinner Roll Brownie	Peas & Cheese Sloppy Joes Tater Tots Italian Vegetables Hamburger Bun Mixed Fruit
Week 5 Jan 28th—31st	Confetti Salad Lasagna Broccoli Sourdough Bread Angel Food Cake	Carrot Raisin Salad Beef Ravioli Italian Vegetables Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pears	House Salad Salisbury Steak Mashed Potato Green Beans Dinner Roll Apple Crisp	



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.**

Living an overall healthy lifestyle is good for your eyes!

Important factors that can lower your risk of eye disease are maintaining a healthy weight and eating healthier foods. SNAP is a free program that could allow you to have more purchasing power to eat healthier for eye health! Applying is easy! You can mail, fax, or apply in person.

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



January 2019

Meals on Wheels



Starting January 7th we are delivering 8oz cartons of 1% milk with each meal on Mondays, Tuesdays, Wednesdays and Thursdays. The last day we will deliver any juices (certain programs fund juices for some clients) will be Friday January 4th. If you have any questions please call our office at 503-364-2856