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In January we began delivering cartons of milk with daily meals. If you do not want milk please call the office at 503-364-2856. Milk provides important nutrition such as calcium.

Weeks	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1 Feb 1					Peas & Cheese Chili Con Carne Brown Rice Italian Vegetables Corn Bread Jell-O
Week 2 Feb 4-8	Confetti Salad Baked Fish or Chicken Tater Tots Peas & Carrots Dinner Roll Angel Food Cake 	House Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding 	Three Bean Salad Chicken Casserole Broccoli Dinner Roll Apple Crisp 	House Salad Salisbury Steak Mashed Potatoes Brussel Sprouts Dinner Roll Pears 	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll Mixed Fruit
Week 3 Feb 14-18	Corn & Tomato Salad Chili Con Carne Brown Rice Peas & Carrots Corn Bread 	Three Bean Salad Spaghetti w/ Meat Sauce Italian Vegetables Sourdough Bread Pudding 	Mexi-Slaw Chicken Enchiladas Brown Rice Broccoli Chips & Salsa Pears 	Peas & Cheese Swedish Meatballs Egg Noodles Brussel Sprouts Sourdough Bread Brownie <i>Frozens for Pres. Day</i> 	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Spring Roll Mandarin Oranges
Week 4 Feb 21-25	Closed for Presidents Day 	Coleslaw Salmon Cake or Chicken Brown Rice Broccoli Sourdough Bread Birthday Cake 	Confetti Salad Chicken Casserole Green Beans Sourdough Bread Pudding 	Coleslaw Sloppy Joes Tater Tots Peas & Carrots Hamburger Bun Angel Food Cake 	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll Mixed Fruit
Week 5 Feb 28-28	Coleslaw Baked Fish or Chicken Red Potatoes Chuck Wagon Corn Dinner Roll Jell-O 	Three Bean Salad Chicken Parmesan Egg Noodles Italian Vegetables Sourdough Bread Pudding 	House Salad Roasted Pork or Chicken Mashed Potatoes Green Beans Dinner Roll 	Mexi-Slaw Chicken Enchiladas Spanish Rice Broccoli Chips & Salsa Mixed Fruit 	



Meals on Wheels Office 503-364-2856

February 2019

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.



In Oregon, adults age 60+ are using SNAP to buy healthy food. Are you?

Learn about SNAP, a free program that could give you a larger budget for buying food! It is simple to use and easy to apply. You would get an Oregon Trail Card, which works like debit card and you can designate someone you trust to be an Authorized Representative, allowing them to use your SNAP card to purchase food for you.

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



Meals on Wheels

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