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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>
<u>Week 1</u>	Coleslaw Baked Fish or Chicken Tater Tots, Roll & Corn  Jell-O	Three Bean Salad Cheese Ravioli Italian Vegetables Rosemary Bread  Pudding	Beet Salad Chili Con Turkey Brown Rice Green Beans Cornbread  Pears	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges  Fortune Cookie	Corn & Tomato Salad Sloppy Joes Tater Tots Peas & Carrots Hamburger Bun Mixed Fruit
<u>Week 2</u>	Coleslaw BBQ Chicken Baked Beans Broccoli Dinner Roll  Apple Berry Crisp	Spring Green Mix Chicken Salad Carrots Cucumbers & Tomatoes  Dinner Roll Pears	Chicken Salad Carrots Cucumbers Tomatoes Dinner Roll  Pears	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Fruit Salad 	Three Bean Salad Spaghetti w/ Meat Sauce Italian Vegetables Sourdough Bread Grapes
<u>Week 3</u>	Coleslaw Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll  Jell-O	Confetti Salad Beef Stroganoff Italian Vegetables Sourdough Bread  Pudding	Coleslaw BBQ Chicken Baked Beans Peas & Carrots Dinner Roll  Pears	Carrot Raisin Salad Swedish Meatballs Egg Noodles Broccoli Dinner Roll  Mixed Fruit	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie
<u>Week 4</u>	Beet Salad Salmon Cake or Chicken Rice Pilaf Brussel Sprouts Dinner Roll 	Spring Green Mix Chicken Salad Carrots & Cucumbers Tomatoes Dinner Roll  Pears	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll  Brownie	Beet Salad Chile Con Carne Brown Rice Green Beans Cornbread  Mixed Fruit	Peas & Cheese Herb Roasted Chicken Brown Rice Peas & Carrots Dinner Roll Table Grapes
<u>Week 5</u>	Coleslaw Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll  Jell-O	Three Bean Salad Chicken Casserole Italian Vegetables Rosemary Bread  Pudding			



Meals on Wheels Office 503-364-2856

April 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.**

Thank you for your patience this last couple of months—we are working hard to ensure your meal arrives on time. Please wait until after 1pm to call if your meal is late.

Maintain your quality of life, by taking care of your health!

SNAP is a free program that could give you more power to purchase healthier foods! It's easy to apply and easy to use! You get a card that works like a debit card where a set amount is reloaded each month. Swipe it at your local grocery store and enter your pin. It's also known as the Oregon Trail Card and EBT.

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



Providing hot, ready to eat and nutritious meals delivered to you with a smile.



Meals on Wheels