



















Meals on Wheels May 2019 Delivery Menu

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 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|--|
| Week 1 1—3  | National Smile Month | | Three Bean Salad Chicken Casserole Italian Vegetables Rosemary Bread Pudding  | Beet Salad Swedish Meatballs Egg Noodle Broccoli Dinner Roll Fruit Salad  | Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie |
| Week 2 6—10  | Cole Slaw BBQ Chicken Baked Beans Chuck Wagon Corn Dinner Roll, Jell-O |  Confetti Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding |  Mexi Slaw Chicken Enchiladas Peas & Carrots Chips & Salsa Pears |  Peas & Cheese Sloppy Joes Tater Tots, Mixed veg Hamburger Bun Brownie | House Salad Herb Roasted Chicken Red Potatoes, Green Beans, Rosemary Bread Tropical Fruit |
| Week 3 13—17  | Corn & Tomato Salad Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O |  Spring Greens Chicken Salad Carrots, Cucumbers Tomatoes, Dinner Roll Pears |  Beet Salad Beef Stroganoff Italian Veg Sourdough Bread Pudding |  Carrot Raisin Salad Chili Ala Turkey Brown Rice, Broccoli Corn Bread Apple Crisp | Cole Slaw BBQ Chicken Baked Beans Peas & Carrots Biscuit, Pears |
| Week 4 20—24  | Caesar Salad Lasagna, Italian Veg Sourdough Bread Birthday Cake |  Three Bean Salad Chicken Casserole Green Beans Rosemary Bread Pudding |  House Salad Salisbury Steak Mashed Potatoes Peas & Carrots, Dinner Roll Brownies |  Peas & Cheese Herb Roasted Chicken Red Potatoes, Brussel Sprouts, Dinner Roll Tropical Fruit (Holiday Frozen) | Confetti Salad Spaghetti W/ Meat Sauce Italian Veg Rosemary Bread Grapes |
| Week 5 27—31 Closed for Memorial Day |  Coleslaw Salmon Cake/Baked Chicken Brown Rice Broccoli Dinner Roll Angel Food Cake | |  Spring Greens Chicken Salad Carrots, Cucumbers Tomatoes, Dinner Roll Pears |  Beet Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Peach Cobbler | Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie |



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.**

**We are working hard to ensure your meal
arrives on time. Please wait until
after 1pm to call if your meal is late.**

Thank you for your patience

503-364-2856

May 2019



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



Meals on Wheels



**You deserve to age with
dignity and wellness!**

Learn about SNAP, a free program to help you stay strong by allowing you to eat better! Malnutrition affects bone density, muscle mass, and balance. Once you apply, you will be contacted within 30 days if you are qualified or not.

Call 211 or North West Senior & Disability Services (NWDS) at (503) 304-3420 to get safe and secure information or to get help with applying.

