




















Meals on Wheels September 2019 Delivery Menu

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Sept. 2-6	<p>We will be CLOSED TO OBSERVE Labor DAY</p> 	<p>FROZEN Salisbury Steak Mashed Potato Green Beans</p> 	<p>Three Bean Salad Beef Ravioli Italian Veg Rosemary Bread Pudding</p> 	<p>Beet Salad Swedish Meatballs Egg Noodles Italian Veg Sourdough Bread Angel Food Cake</p> 	<p>Mac Salad Chicken teriyaki Rice Sugar Snap Peas Oranges Fortune Cookie</p>
Week 2 Sept. 9-13	<p>Peas & Cheese Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O</p> 	<p>Spring Greens Chicken Salad Cucumbers, Tomato Shredded Carrots Dinner Roll Pudding</p> 	<p>House Salad Roast Pork or Chicken Mashed Potato Brussel Sprouts Dinner Roll Apple Crisp</p> 	<p>House Salad Chile Con Carne Brown Rice Green Beans Dinner Roll Pears</p> 	<p>House Salad Herb Crusted Chicken Mash Potatoes Broccoli Dinner Roll Fruit Salad</p>
Week 3 Sept. 16-20	<p>Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Watermelon</p> 	<p>Beet Salad Beef Burgundy Egg Noodles Green Beans Dinner Roll Tropical Fruit</p> 	<p>Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pudding</p> 	<p>Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie</p> 	<p>Beet Salad Sloppy Joes Broccoli Hamburger Bun Pears</p>
Week 4 Sept. 23-27	<p>Coleslaw Salmon Cake/ Baked Chicken Rice Pilaf, Green Beans Dinner Roll, Cake</p> 	<p>Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding</p> 	<p>Beet Salad Swedish Meatballs Egg Noodles Italian Veg Sourdough Bread Angel Food Cake</p> 	<p>House Salad Salisbury Steak Mashed Potato Green Beans Dinner Roll Brownie</p> 	<p>Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Watermelon</p>
Week 5 Sept. 30	<p>Peas & Cheese Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O</p> 				

September 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.

Welcome September!

*May this month bring you
satisfaction, peace and joy.*

*May all the desires of your
heart be granted.*

*May this be the beginning of
new things in your life.*

*Stay strong, be positive and
fulfill your dreams*

Happy new month friends!



MARION POLK FOOD SHARE

**MEALS ON
WHEELS**