




Meals on Wheels Delivery March 2020



WE ARE **Meals On Wheels**
 So no senior goes hungry™

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week 1</u> March 2-6	Broccoli Kale Salad Grilled Salmon or Chicken, Rice Pilaf Peas & Carrots Dinner Roll Angel Food Cake	Beet Salad Beef Stroganoff Brussel Sprouts Rosemary Bread Pudding	Asian Salad Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Mandarin Oranges Fortune Cookie	House Salad Cube Steak Mashed Potatoes Brussel Sprouts Dinner Roll Apple Berry Crisp	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Grapes
<u>Week 2</u> March 9-13	Carrot Raisin Salad Chili Con Carne Brown Rice Peas & Carrots Cornbread Jell-O	Broccoli Kale Salad Cheese Ravioli Italian Veg Rosemary Bread Pudding	Mexi-Slaw Chicken Enchilada Peas & Carrots Chips & Salsa Pears	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans, Roll Fruit Cocktail Fruit Cocktail	Confetti Salad Sloppy Joe's Tater Tots Peas & Carrots Hamburger Bun Brownies
<u>Week 3</u> March 16-20	Coleslaw Baked Fish or Chicken Tater Tots Broccoli, Dinner Roll Jell-O Jell-O	Mixed Salad Chicken Salad Carrots Cucumber Grape Tomatoes Dinner Roll, Pears Pears	Green Salad Corned Beef & Cabbage Baby Red Potatoes Carrots Dinner Roll, Jell-O Lime Jell-O	Caesar Salad Spaghetti W/ Meat Sauce Broccoli Dinner Roll Angel Food Cake	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Jell-O
<u>Week 4</u> March 23-27	Coleslaw Grilled Salmon or Chicken Rice Pilaf Broccoli Dinner Roll, Cake Birthday Cake	Broccoli Kale Salad Cheese Ravioli Italian Veg Rosemary Bread Pudding	Carrot Raisin Salad Swedish Meatballs Egg Noodles Brussel Sprouts Rosemary Bread Mixed Fruit	House Salad Herb Roasted Chicken Red Potatoes Green Beans Dinner Roll, Pears Pears	House Salad Cube Steak Mashed Potatoes Brussel Sprouts Dinner Roll Apple Berry Crisp
<u>Week 5</u> March 30-31	Coleslaw Baked Fish or Chicken Tater Tots Chuck Wagon Corn Dinner Roll Jell-O	Confetti Salad Chicken Casserole Italian Veg Sourdough Bread Pears			



MARION POLK FOOD SHARE
MEALS ON WHEELS



Meals on Wheels Office 503-364-2856



Meals on Wheels Program Reminders

**Bad weather could delay or cancel lunch.
Check www.marionpolkfoodshare.org**

for announcements or call 503-364-2856.

**All clients should now have emergency food
boxes on hand—if you didn't get one please call
our office.**

**We'll do our best to announce decisions as early
as possible for your convenience.**



MARION POLK FOOD SHARE

**MEALS ON
WHEELS**

March 2018



**Evidence suggests that lack of nutrition
may cause muscle loss, memory loss,
fatigue, and depression.**

Learn about SNAP, a safe and effective program where you
can eat nutritious meals by saving money on food!
Interviews can be done in person or over the phone. Sen-
iors may find they also qualify for other services, such as
health care or telephone assistance.

Call 2-1-1 or North West Senior & Disability
Services at (503) 304-3420 for a secure and
confidential inquiry about SNAP.



Everyone's Irish
On March 17th.

South Salem Senior Center

Questions? Comments about our food? We would
love to hear about it!

Give us a call at 503-364-2856 or

stop by our office 9am—2pm located at:

2615 Portland Rd. NE

Salem, OR 97301

