

Meals on Wheels Delivery April 2020

MARION POLK FOOD SHARE
MEALS ON WHEELS



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 April 1-3			Caesar Salad Penne w/ Meat Sauce Italian Veg Sourdough Bread Brownies	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
Week 2 April 6-10	Potato Salad BBQ Chicken Baked Beans Broccoli Dinner Roll Apple Berry Crisp	Broccoli Kale Salad Chicken Parmesan Egg Noodles Green Beans Rosemary Bread Pears	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pudding Pie	Caesar Salad Spaghetti W/Meat Sauce Italian Veg Sourdough Bread Grapes	Beet Salad Herb Roasted Chicken Brown Rice Peas & Carrots Dinner Roll Brownie
Week 3 April 11-17	Coleslaw Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O	Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Spring Green Mix Chicken Salad Carrots Cucumbers Tomatoes 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
Week 4 April 20-24	Peas & Cheese Salmon Cake or Chicken Rice Pilaf Brussel Sprouts Dinner Roll Birthday Cake	Kale Broccoli Salad Chicken Casserole Italian Veg Rosemary Bread Pudding	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Pears	Asian Slaw Teriyaki Chicken Brown Rice Sugar Snap Peas Oranges Fortune Cookie	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Brownie
Week 5 April 27-30	Coleslaw Cajun Catfish or Chicken Dirty Rice Peas and Carrots Dinner Roll Pudding Pie	Confetti Salad Cheese Tortellini Italian Veg Sour Dough Bread Pears	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Angel Food Cake	Beet Salad Chile Con Carne Brown Rice Broccoli Cornbread Mixed Fruit	



Meals on Wheels Office 503-364-2856

*** 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 11:00am and 1pm.**

PLEASE WAIT UNTIL 1:00 PM TO CALL IF YOU NEED TO CHECK ON THE STATUS OF YOUR MEAL.



Would you like to better manage your chronic condition?

Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions by allowable costs such as: doctor bills, prescription drugs, over-the-counter medication, and dentures.

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



APRIL 2020



MARION POLK FOOD SHARE

MEALS ON WHEELS



MEALS ON WHEELS AMERICA 2020 MEMBER