

## MEALS ON WHEELS PROGRAM REMINDERS

### May 2025 CLOSURES

**Monday 5/26**

**Thursday 5/8 — Pet Food Distribution**

**Wednesday 5/21 — Extra Frozen Meal for 5/26**

**Thursday 5/22 — Extra Milk for 5/26**

**Friday 5/23 — CSFP Senior Grocery Boxes**

**Thursday 5/29 — Menu Distribution**

Home-delivered meals are scheduled to arrive between 10:30 A.M. and 12:30 P.M.

If it is after 1:00 p.m. and you have not received your meal, please call us that day.

**If there are changes for your service please contact our office at least 24 hours before the next delivery.**

#### **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 2-1-1 or North West Senior & Disability Services at:  
(503) 304-3420

**MAY 2025**

HOME DELIVERED MEALS



**Always look at back side  
of menu for IMPORTANT DATES**



MARION POLK FOOD SHARE  
**MEALS ON WHEELS**

# MAY 2025 HOME DELIVERY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Always look at back side of menu for IMPORTANT DATES</b></p>			<p><b>Enchirito (Bean &amp; Cheese)</b>  <b>Spanish Rice</b>  <b>Chuckwagon Corn</b>  <b>Fruit</b>  <b>Mexi Slaw</b></p>	<p><b>Chicken Tenders</b>  <b>Jojos</b>  <b>Peas</b>  <b>Fruit</b>  <b>Biscuit</b></p>
<p><b>Spaghetti with Meat Sauce</b>  <b>Italian Vegetables</b>  <b>Fruit</b>  <b>Garlic Toast</b></p>	<p><b>Orange Chicken</b>  <b>Rice</b>  <b>Snap Peas</b>  <b>Pineapple Rings</b>  <b>Fortune Cookie</b></p>	<p><b>Korean Meatballs</b>  <b>White Rice</b>  <b>Peas &amp; Carrots</b>  <b>Tropical Fruit</b>  <b>Naan Bread</b></p>	<p><b>Frittata</b>  <b>Red Potatoes</b>  <b>Carrots</b>  <b>Orange Wedges</b>  <b>Biscuit</b></p>	<p><b>Meatloaf with Ketchup</b>  <b>Mashed Potatoes</b>  <b>Mixed Vegetables</b>  <b>Peaches</b>  <b>Dinner Roll</b></p>
<p><b>Veggie Lasagna</b>  <b>Brussels Sprouts</b>  <b>Tropical Fruit</b>  <b>Garlic Toast</b></p>	<p><b>BBQ Chicken</b>  <b>Roasted Potatoes</b>  <b>Mixed Vegetables</b>  <b>Fruit</b>  <b>Biscuit</b></p>	<p><b>Pizza w/ Turkey Sausage</b>  <b>Green Beans</b>  <b>Side Salad</b>  <b>Focaccia Bread</b></p>	<p><b>Teriyaki Chicken</b>  <b>Rice</b>  <b>Carrots</b>  <b>Naan Bread</b>  <b>Fruit Cocktail</b></p>	<p><b>Chicken Parmesan</b>  <b>Pasta</b>  <b>Broccoli</b>  <b>Tropical Fruit</b>  <b>Sourdough Bread</b></p>
<p><b>Chili Con Carne</b>  <b>Rice</b>  <b>Corn</b>  <b>Three Bean Salad</b>  <b>Corn Bread</b></p>	<p><b>Cheese Ravioli</b>  <b>Marinara Sauce</b>  <b>Green Beans</b>  <b>Pears</b>  <b>Garlic Toast</b></p>	<p><b>Honey Mustard Chicken</b>  <b>Rosemary Potatoes</b>  <b>Carrots</b>  <b>Cole Slaw</b>  <b>Dinner Roll</b></p>	<p><b>Breakfast Bowl w/ Eggs-</b>  <b>Pork Sausage-Potatoes</b>  <b>Mixed Veggies</b>  <b>Orange Wedges</b>  <b>English Muffin</b></p>	<p><b>Meatball Marinara</b>  <b>Pasta</b>  <b>Peas &amp; Carrots</b>  <b>Pears</b>  <b>Garlic Bread</b></p>
<p> <b>No Delivery</b>  <b>Memorial Day</b></p>	<p><b>Fajita Chicken</b>  <b>Spanish Rice</b>  <b>Southwest Corn</b>  <b>Fruit</b>  <b>Flour Tortilla</b></p>	<p><b>Herb Garlic Chicken</b>  <b>Red Potatoes</b>  <b>Italian Vegetables</b>  <b>Peaches</b>  <b>Sourdough Bread</b></p>	<p><b>White Fish</b>  <b>Rice</b>  <b>Green Beans</b>  <b>Pickled Beets</b>  <b>Focaccia Bread</b></p>	<p><b>Chicken Salad</b>  <b>Cherry Tomatoes</b>  <b>Mixed Greens</b>  <b>Fruit</b>  <b>Dinner Roll</b></p>