

MEALS ON WHEELS PROGRAM REMINDERS

July 2025 Important Dates

Friday 7/4 - No Delivery

Friday 7/25 - No Delivery

Tuesday 6/24 — Frozen Meal for 7/4 Closure

Friday 7/4 — Closed - Holiday

Thursday 7/10 — Pet Food Distribution

Wednesday 7/23 — Frozen Meal for 7/25 Closure

Thursday 7/24 — Menu Distribution

Friday 7/25 — Closed - No Delivery

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

JULY 2025

HOME DELIVERED MEALS



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



MARION POLK FOOD SHARE
MEALS ON WHEELS

JULY 2025 HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Herb Garlic Chicken Red Potatoes Italian Vegetables Peaches Sourdough Bread	2 Orange Chicken Rice Snap Peas Pineapple Rings Fortune Cookie	3 Ham & Egg Frittata Red Potatoes Carrots Orange Wedges Biscuit	4 Closed - Holiday (Frozen Meal Will Be Delivered on 6/24)
7 Meatloaf w/ Ketchup Mashed Potatoes Mixed Vegetables Peaches Dinner Roll	8 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Biscuit	9 Korean Meatballs Rice Peas & Carrots Pears Naan Bread	10 Honey Mustard Chicken Rosemary Potatoes Carrots Cole Slaw Dinner Roll	11 Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread
14 Chili Con Carne Rice Corn Three Bean Salad Cornbread	15 Cheese Ravioli Marinara Sauce Green Beans Pears Garlic Toast	16 Teriyaki Chicken Rice Carrots Naan Bread Fruit Cocktail	17 Swedish Meatballs Pasta Green Beans Applesauce Focaccia Bread	18 Bean & Cheese Burrito Jojos Southwest Corn Tropical Fruit Green Salad
21 Veggie Lasagna Brussels Sprouts Pears Garlic Toast	22 Chicken Tenders Jojos Peas Fruit Biscuit	23 Meatball Marinara Pasta Peas & Carrots Pears Garlic Bread	24 Chicken Salad Cherry Tomatoes Mixed Greens Fruit Dinner Roll	25 Closed (Frozen Meal Will Be Delivered on 7/23)
28 White Fish Rice Green Beans Pickled Beets Focaccia Bread	29 Herb Garlic Chicken Red Potatoes Italian Vegetables Peaches Sourdough Bread	30 Pizza w/ Turkey Sausage Green Beans Side Salad Focaccia Bread	31 Breakfast Bowl w/ Eggs- Pork Sausage-Potatoes Mixed Veggies Orange Wedges English Muffin	Always look at back side of menu for IMPORTANT DATES

