

MEALS ON WHEELS PROGRAM REMINDERS

August 2025 Important Dates

No Delivery from August 18—September 1

**Mon 8/4 - Fri 8/15 — Extra Frozen Meals Each Day
For Closure Dates Below**

Mon 8/18 - Mon 9/1 — No Delivery

Thursday 8/14 — Pet Food & 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

AUGUST 2025

HOME DELIVERED MEALS



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



MARION POLK FOOD SHARE

MEALS ON WHEELS

AUGUST 2025

HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Extra Meals 8/4 - 8/15	Frozen Meals Each Day 8/4 - 8/15	¹ Salisbury Steak Mashed Potatoes Corn Orange Wedges Dinner Roll
⁴ Chili Con Carne Rice Mixed Vegetables Three Bean Salad Corn Bread	⁵ Chicken Tenders Jojos Peas Fruit Biscuit			⁸ Salisbury Steak Red Potatoes Corn Orange Wedges Dinner Roll
¹¹ Orange Chicken White Rice Snap Peas Pears Fortune Cookie	¹² Pizza w/ Turkey Sausage Green Beans Side Salad Naan Bread	¹³ Herb Garlic Chicken Red Potatoes Italian Vegetables Peaches Sourdough Bread	¹⁴ Swedish Meatballs Pasta Green Beans Applesauce Focaccia Bread	¹⁵ Bean & Cheese Burrito Jojos Southwest Corn Tropical Fruit Green Salad
¹⁸ Closed ----	¹⁹ No Delivery	²⁰ Until	²¹ Tuesday	²² 9/2/25
²⁵ Closed ----	²⁶ No Delivery	²⁷ Until	²⁸ Tuesday	²⁹ 9/2/25

