

MEALS ON WHEELS PROGRAM REMINDERS

September 2025 Important Dates

No Delivery September 1

Monday 9/1 — No Delivery
(Extra Frozen Meal Sent on 8/13)

Thursday 9/11 — Pet Food Distribution

Thursday 9/25 — 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

SEPTEMBER 2025

HOME DELIVERED MEALS



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



MARION POLK FOOD SHARE

MEALS ON WHEELS

SEPTEMBER 2025

HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No Delivery * Labor Day *	2 Honey Mustard Chicken Rosemary Potatoes Carrots Coleslaw Dinner Roll	3 Meatloaf w/ Ketchup Red Potatoes Mixed Vegetables Peaches Biscuit	4 Orange Chicken White Rice Snap Peas Pineapple Fortune Cookie	5 Frittata Red Potatoes Carrots Orange Wedges Dinner Roll
8 Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread	9 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	10 Korean Meatballs White Rice Peas & Carrots Applesauce Naan Bread	11 Herb Garlic Chicken Rosemary Potatoes Carrots Coleslaw Dinner Roll	12 Whitefish Couscous Green Beans Pickled Beets Focaccia Bread
15 Fajita Chicken Spanish Rice Southwest Corn Fruit Flour Tortilla	16 Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread	17 Teriyaki Chicken White Rice Carrots Fruit Cocktail Naan Bread	18 Bean & Cheese Burrito Jojos Southwest Corn Tropical Fruit Green Salad	19 Spaghetti w/ Meat Sauce Peas & Carrots Peaches Garlic Toast
22 Chicken Stir Fry Yakisoba Noodles Baby Corn Pineapple Fortune Cookie	23 Salisbury Steak Red Potatoes Corn Orange Wedges Sourdough Bread	24 Bourbon Chicken White Rice Snap Peas Applesauce Dinner Roll	25 Swedish Meatballs Pasta Green Beans Pears Focaccia Bread	26 Honey Mustard Chicken Rosemary Potatoes Carrots Coleslaw Naan Bread
29 Chili Con Carne White Rice Mixed Vegetables Three Bean Salad Corn Bread	30 Chicken Tenders Jojos Peas Fruit Biscuit			