

MEALS ON WHEELS PROGRAM REMINDERS

October 2025 Important Dates

No Delivery Monday, October 13

Monday 10/6 — Extra Frozen Meal for 10/13

Wednesday 10/8 — Extra Milk for 10/13

Thursday 10/9 — Pet Food Distribution

Monday 10/13 — No Delivery - Holiday

Thursday 10/23 — 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

OCTOBER 2025

HOME DELIVERED MEALS



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



MARION POLK FOOD SHARE

MEALS ON WHEELS

OCTOBER 2025



HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pizza w/ Turkey Sausage Green Beans Fruit Cocktail Side Salad	2 Orange Chicken White Rice Snap Peas Pineapple Fortune Cookie	3 Frittata w/ Broccoli Red Potatoes Carrots Orange Wedges Dinner Rolls
6 Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread	7 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	8 Korean Meatballs White Rice Peas & Carrots Applesauce Naan Bread	9 Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread	10 Whitefish Couscous Green Beans Pickled Beets Focaccia Bread
13 Closed *Indigenous People's Day*	14 Fajita Chicken Spanish Rice Southwest Corn Fruit Flour Tortilla	15 Teriyaki Chicken White Rice Carrots Fruit Cocktail Naan Bread	16 Bean & Cheese Burrito Jojos Southwest Corn Tropical Fruit Green Salad	17 Spaghetti w/ Meat Sauce Peas & Carrots Peaches Garlic Toast
20 Chicken Stir Fry Yakisoba Noodles Baby Corn Pineapple Fortune Cookie	21 Salisbury Steak Red Potatoes Corn Orange Wedges Sourdough Bread	22 Bourbon Chicken White Rice Snap Peas Applesauce Dinner Roll	23 Swedish Meatballs Pasta Green Beans Pears Focaccia Bread	24 Honey Mustard Chicken Rosemary Potatoes Carrots Coleslaw Naan Bread
27 Chili Con Carne White Rice Mixed Vegetables Three Bead Salad Cornbread	28 Chicken Tenders Jojos Peas Fruit Biscuit	29 Pizza w/ Turkey Sausage Green Beans Fruit Cocktail Side Salad	30 Herb Garlic Chicken Rosemary Potatoes Carrots Coleslaw Dinner Roll	31 Vegetable Lasagna Brussels Sprouts Fruit Dinner Roll



MARION POLK FOOD SHARE
MEALS ON WHEELS

503-364-2856

info@foodsharemealsonwheels.org