

## MEALS ON WHEELS PROGRAM REMINDERS

### **September 2025 Important Dates**

**No Delivery Monday, September 1**

**No Delivery Friday, September 12**

**Monday 9/1 — No Delivery - Extra Frozen Meal Sent on 8/13**

**Monday 9/8 — Frozen Meals sent for 9/13 & 9/14 Weekend**

**Wednesday 9/10 — Frozen Meal sent for 9/12**

**Friday 9/12 — No Delivery**

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