

MEALS ON WHEELS PROGRAM REMINDERS

November 2025 Important Dates

No Delivery Tuesday, 11/11

No Delivery Thursday-Friday 11/27 & 11/28

Tuesday 11/4 — Frozen Meal for 11/11 (For All)

Thursday 11/6 — Extra Milk for 11/11 (For All)

Tuesday 11/11 — Closed for Holiday

Wednesday 11/12 — Emergency Boxes w/ Delivery

Thursday 11/13 — Pet Food Distribution

Monday 11/17 — Frozen for 11/29 (Not for all)

Tuesday 11/18 — Frozen for 11/30 (Not for all)

**Thursday 11/20 — Menu Distribution and
Frozen Meal for 11/27**

Friday 11/21 — Frozen Meal for 11/28

Thurs-Fri 11/27 & 11/28 — Closed for Holiday

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

NOVEMBER 2025

HOME DELIVERED MEALS



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



MARION POLK FOOD SHARE

MEALS ON WHEELS

NOVEMBER 2025

HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>3</p> <p>Meatloaf w/ Ketchup Red Potatoes Mixed Vegetables Peaches Biscuit</p>	<p>4</p> <p>BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Corn Bread</p>	<p>5</p> <p>Korean Meatballs White Rice Peas & Carrots Applesauce Naan Bread</p>	<p>6</p> <p>Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread</p>	<p>7</p> <p>Whitefish Couscous Green Beans Pickled Beets Focaccia Bread</p>
<p>10</p> <p>Fajita Chicken Spanish Rice Southwest Corn Fruit Flour Tortilla</p>	<p>11</p> <p>Closed For Holiday</p>	<p>12</p> <p>Spaghetti w/ Meat Sauce Peas & Carrots Peaches Garlic Toast</p>	<p>13</p> <p>Orange Chicken White Rice Snap Peas Pineapple Fortune Cookie</p>	<p>14</p> <p>Bean & Cheese Burrito Jojos Southwest Corn Tropical Fruit Green Salad</p>
<p>17</p> <p>Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread</p>	<p>18</p> <p>Salisbury Steak Red Potatoes Corn Orange Wedges Sourdough Bread</p>	<p>19</p> <p>Bourbon Chicken White Rice Snap Peas Applesauce Dinner Roll</p>	<p>20</p> <p>Swedish Meatballs Pasta Green Beans Pears Focaccia Bread</p>	<p>21</p> <p>Honey Mustard Chicken Rosemary Potatoes Carrots Cole Slaw Naan Bread</p>
<p>24</p> <p>Chili Con Carne White Rice Mixed Vegetables Three Bean Salad Corn Bread</p>	<p>25</p> <p>Chicken Tenders Jojos Peas Fruit Biscuit</p>	<p>26</p> <p>Pizza w/ Turkey Sausage Green Beans Fruit Cocktail Side Salad</p>	<p>27</p> <p>Closed For Holiday</p>	<p>28</p> <p>Closed For Holiday</p>