

## MEALS ON WHEELS PROGRAM REMINDERS

### December 2025 Important Dates

**No Delivery Friday 12/19**

**No Delivery Wednesday-Friday 12/24 - 12/26**

**Monday 12/8 — Frozen Meal for 12/20 (Not for all)**

**Tuesday 12/9 — Frozen Meal for 12/21 (Not for all)**

**Thursday 12/11 — Pet Food Distribution**

**Monday 12/15 — Frozen Meal for 12/19 (For All)**

**Wednesday 12/17— Frozen Meal for 12/24 (For All)**

**Thursday 12/18— Menu Distribution and  
Frozen Meal for 12/25 (For All)**

**Friday 12/19 — Closed for Staff Event**

**Monday 12/22 — Frozen Meal for 12/26 (For All)**

**Tuesday 12/23 — Frozen Meals for 12/27 & 28 (Not for all)**

**Wed-Fri 12/24 - 12/26 — Closed for Holiday**

**Tuesday 12/30 — Frozen Meal for 1/1 (For All)**

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?

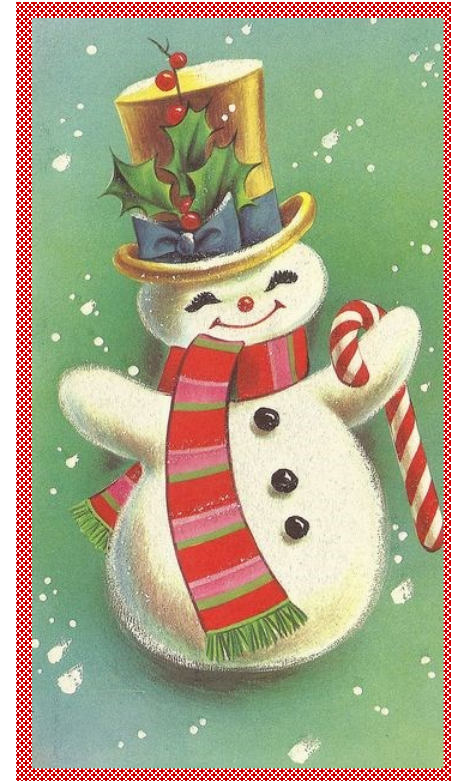
Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions 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

## DECEMBER 2025

### HOME DELIVERED MEALS



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



MARION POLK FOOD SHARE

## MEALS ON WHEELS

# DECEMBER 2025

# HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Stir Fry Yakisoba Noodles Baby Corn Pineapple Fortune Cookie	2 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	3 Korean Meatballs White Rice Peas & Carrots Applesauce Naan Bread	4 Honey Mustard Chicken Rosemary Potatoes Carrots Coleslaw Naan Bread	5 Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread
8 Fajita Chicken Spanish Rice Southwest Corn Fruit Corn Tortilla	9 Bean & Cheese Burrito Jojos Southwest Corn Naan Bread Peas & Cheese Salad	10 Whitefish Couscous Green Beans Pickled Beets Focaccia Bread	11 Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast	12 Orange Chicken White Rice Peas & Carrots Pineapple Fortune Cookie
15 Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread	16 Swedish Meatballs Pasta Green Beans Pears Focaccia Bread	17 Bourbon Chicken White Rice Snap Peas Applesauce Dinner Roll	18 Salisbury Steak Red Potatoes Corn Orange Wedges Sourdough Bread	19 <b>Closed For Staff Event</b>
22 Vegetable Lasagna Brussels Sprouts Fruit Garlic Toast	23 Chicken Tenders Jojos Fruit Biscuit	24 <b>Closed For Holiday</b>	25 <b>Closed For Holiday</b>	26 <b>Closed For Holiday</b>
29 Meatloaf w/ Ketchup Red Potatoes Mixed Vegetables Fruit Sourdough Bread	30 Pizza w/ Turkey Sausage Green Beans Biscuit Pea & Cheese Salad	31 Teriyaki Chicken White Rice Carrots Fruit Cocktail Naan Bread		