

MEALS ON WHEELS PROGRAM REMINDERS

February 2026 Important Dates

No Delivery Monday 2/16

No Delivery Wednesday 2/25

**Monday 2/9 — Frozen Meal for 2/16
NO MILK**

Thursday 2/12 — Pet Food Distribution

Monday 2/16 — Closed for Holiday

Wednesday 2/18 — Frozen Meal for 2/25

**Wednesday 2/25 — Closed for Marion Polk
Food Share All-Staff Meeting**

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

FEBRUARY 2025

HOME DELIVERED MEALS



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



MARION POLK FOOD SHARE

MEALS ON WHEELS

FEBRUARY 2026

HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Whitefish Couscous Green Beans Pickled Beets Naan Bread	3 Bean & Cheese Burrito Jojos Corn Pea & Cheese Salad Naan Bread	4 Korean Meatballs White Rice Peas & Carrots Asian Slaw Dinner Roll	5 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	6 Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread
9 Herb Garlic Chicken Rosemary Potatoes Carrots Fruit Focaccia Bread	10 Swedish Meatballs Pasta Green Beans Pears Garlic Toast	11 Bourbon Chicken White Rice Corn Applesauce Dinner Roll	12 Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast	13 Orange Chicken White Rice Peas & Carrots Asian Slaw Fortune Cookie
16 Closed For Holiday	17 Veggie Lasagna Brussels Sprouts Fruit Focaccia Bread	18 Chicken Parmesan Pasta Broccoli Tropical Fruit Garlic Toast	19 Salisbury Steak Red Potatoes Corn Fruit Sourdough Bread	20 Chicken Tenders Jojos Peas Cole Slaw Biscuit
23 Chili Con Carne White Rice Mixed Vegetables Three Bean Salad Cornbread	24 Pizza w/ Turkey Sausage Green Beans Fruit Cocktail Biscuit	25 Closed For Food Share All-Staff Meeting	26 Teriyaki Chicken White Rice Carrots Orange Wedges Fortune Cookie	27 Whitefish Couscous Green Beans Pickled Beets Naan Bread

