

## MEALS ON WHEELS PROGRAM REMINDERS

### **March 2026 Important Dates**

**No Delivery Monday 3/9**

**No Delivery Monday 3/23**

**Monday 3/2 — Frozen Meal for 3/9  
NO MILK WITH MEALS TODAY**

**Monday 3/9 — Closed for System Updates**

**Thursday 3/12 — Pet Food Distribution**

**Monday 3/16 — Frozen Meal for 3/23  
NO MILK WITH MEALS TODAY**

**Monday 3/23 — Meals on Wheels and  
Food Share Closed Today**

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

# MARCH 2026

## HOME DELIVERED MEALS



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



MARION POLK FOOD SHARE

# MEALS ON WHEELS

# MARCH 2026

# HOME DELIVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NO MILK TODAY</b> 2 Meatloaf w/ Ketchup Mashed Potatoes Mixed Vegetables Peaches Dinner Roll	3 Fajita Chicken Spanish Rice Southwest Corn Mexi Slaw Corn Tortilla	4 Bean & Cheese Burrito Jojos Corn Pea & Cheese Salad Naan Bread	5 Frittata with Broccoli & Cheese Peas Cole Slaw Biscuit	6 Korean Meatballs White Rice Peas & Carrots Asian Slaw Dinner Roll
9 <b>Closed:                      No Home                      Delivery</b>	10 Swedish Meatballs Pasta Green Beans Pears Garlic Toast	11 Bourbon Chicken White Rice Corn Applesauce Dinner Roll	12 Whitefish Couscous Green Beans Pickled Beets Naan Bread	13 Orange Chicken White Rice Peas & Carrots Asian Slaw Fortune Cookie
<b>NO MILK TODAY</b> 16 Meatloaf w/ Ketchup Mashed Potatoes Mixed Vegetables Peaches Dinner Roll	17 Corned Beef Cabbage Potatoes Applesauce Sourdough Bread	18 Chicken Tenders Jojos Peas Cole Slaw Biscuit	19 Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread	20 Chicken Parmesan Pasta Broccoli Tropical Fruit Garlic Toast
23 <b>Closed                      Today</b>	24 Chili Con Carne White Rice Mixed Vegetables Three Bean Salad Cornbread	25 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	26 Veggie Lasagna Brussels Sprouts Fruit Focaccia Bread	27 Salmon White Rice Peas & Carrots Pears Dinner Roll
30 Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast	31 Salisbury Steak Red Potatoes Corn Fruit Sourdough Bread			