

Meals on Wheels Program Reminders

April 2026 Important Dates

Thursday 4/9 — **Pet Food Distribution**

Monday 4/13 — **Extra Frozen Meal for 4/20**
No Milk With Meals Today

Monday 4/20 — **Closed: Planned Closure**

Thursday 4/23 — **Menu Distribution**

**Home delivered meals are scheduled to arrive
between 10:30 AM and 12:30 PM.**

**If it is after 1:00 and you haven't received
your meal, please call us that day.**

**If there are changes for your service, please call
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

April 2026

Home Delivered Meals



MARION POLK FOOD SHARE

MEALS ON WHEELS

April 2026

Home Delivery

		1 Teriyaki Chicken White Rice Carrots Orange Wedges Fortune Cookie	2 Salmon White Rice Peas & Carrots Dinner Roll Pears	3 Bean & Cheese Burrito Jojos Corn Pea & Cheese Salad Naan Bread
6 Herb Garlic Chicken Rosemary Potatoes Carrots Pears Focaccia Bread	7 Fajita Chicken Spanish Rice Southwest Corn Mexi Slaw Corn Tortilla	8 Chicken Tenders Jojos Peas Applesauce Biscuit	9 Frittata w/ Broccoli & Cheese Potatoes Peas Tropical Fruit Biscuit	10 Korean Meatballs White Rice Peas & Carrots Asian Slaw Dinner Roll
NO MILK TODAY 13 Salisbury Steak Red Potatoes Corn Fruit Sourdough Bread	14 Swedish Meatballs Pasta Green Beans Pears Garlic Toast	15 Bourbon Chicken Jojos Peas Peaches Biscuit	16 Whitefish Couscous Green Beans Pickled Beets Naan Bread	17 Chicken Parmesan Pasta Broccoli Tropical Fruit Garlic Toast
20 Closed No Delivery	21 Chili Con Carne Rice Mixed Vegetables Three Bean Salad Corn Bread	22 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	23 Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread	24 Orange Chicken White Rice Peas & Carrots Asian Slaw Fortune Cookie Naan Bread
27 Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast	28 Honey Mustard Chicken Rosemary Potatoes Cole Slaw Potato Chips	29 Salmon White Rice Peas & Carrots Dinner Roll Pears	30 Teriyaki Chicken White Rice Carrots Orange Wedges Fortune Cookie Naan Bread	