

# Meals on Wheels Program Reminders

## May 2026 Important Dates

Thursday 5/14 — **Pet Food Distribution**

Monday 5/18 — **Extra Frozen Meal for 5/25**  
**No Milk With Meals Today**

Monday 5/25 — **Closed: Holiday**

Thursday 5/28 — **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

# May 2026

## Home Delivered Meals



**Always look at back of menu  
for Important Dates**



MARION POLK FOOD SHARE

**MEALS ON  
WHEELS**

# May 2026

# Home Delivery

				1 Veggie Lasagna Brussels Sprouts Fruit Focaccia Bread
4 Salisbury Steak Red Potatoes Corn Fruit Sourdough Bread	5 Chicken Tenders Jojos Peas Applesauce Biscuit	6 Meatloaf w/ Ketchup Mashed Potatoes Mixed Vegetables Fruit Dinner Roll	7 BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	8 Salmon White Rice Peas & Carrots Pears Dinner Roll
11 Fajita Chicken Spanish Rice Southwest Corn Mexi Slaw Corn Tortilla	12 Cheese Ravioli Marinara Sauce Green Beans Pears Biscuit	13 Bourbon Chicken Jojos Peas Peaches Dinner Roll	14 Frittata w/ Broccoli and Cheese Potatoes Peas Tropical Fruit Biscuit	15 Chicken Parmesan Pasta Broccoli Tropical Fruit Garlic Toast
<b>NO MILK TODAY</b> 18 Chili Con Carne White Rice Mixed Vegetables Three Bean Salad Cornbread	19 Korean Meatballs White Rice Peas & Carrots Asian Slaw Naan Bread	20 Honey Mustard Chicken Rosemary Potatoes Cole Slaw Fruit Potato Chips	21 Whitefish Couscous Green Beans Pickled Beets Focaccia Bread	21 Orange Chicken White Rice Peas & Carrots Asian Slaw Fortune Cookie Naan Bread
25 <b>Closed</b> <b>No Delivery</b>	26 Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast	27 Swedish Meatballs Pasta Green Beans Garlic Toast	28 Herb Garlic Chicken Rosemary Potatoes Carrots Pears Dinner Roll	29 Veggie Lasagna Brussels Sprouts Fruit Focaccia Bread