



Meals on Wheels Dining Room February 2017

Meals on Wheels Office
Closed February 20
Dining Room Menu



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week 1</u> Feb 1- Feb 3			Mexi-Slaw Chicken Enchiladas Spanish Rice Chuck Wagon Corn Mixed Veg Chips & Salsa	House Salad Swedish Meatballs Egg Noodles Brussel Sprouts Mixed Beg Dinner roll Fruit Salad	Confetti Salad Baked Fish or Chicken Baby Reds Peas & Carrots Mixed Veg Biscuit
<u>Week 2</u> Feb 6-10	House Salad Cheese Manicotti Italian Veg Mixed Veg Dinner Roll Apple Crisp	Three Bean Salad Chicken Casserole Broccoli Mixed Veg Dinner Roll Apple Crisp	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Spring roll Mandarin Oranges Fortune Cookie	House Salad Meatloaf Mashed Potatoes Green Beans Mixed Veg Dinner Roll Pineapple Cake	Corn & Tomato Sal- ad Chili Con Carne Brown Rice Peas & Carrots Corn Bread Jell-O
<u>Week 3</u> 13-17	Caesar Salad Penne w/ Meat Sauce Italian Veg Mixed Veg Sourdough Bread Pudding	Mexi-Slaw Chicken Enchila- das Brown Rice Chuck Wagon Corn Mixed Veg Chips & Salsa	Peas & Cheese Swedish Meatballs Egg Noodles Brussel Sprouts Mixed Beg Sourdough Bread Brownies	House Salad Herb Roasted Chicken Baby Reds Green Beans Dinner Roll Peach Cobbler	Caesar Salad Lasagna Broccoli Mixed Beg Sourdough Bread Birthday Cake
<u>Week 4</u> 20-24	No Lunch Today in Observance of Pres- ident's Day. 	House Salad Ham or Turkey Mashed Potatoes Broccoli Mixed Beg Dinner Roll	Confetti Salad Chicken Casserole Green Beans Mixed Veg Sourdough Bread Angel Food Cake	House Salad Salisbury Steak Mashed Potatoes Brussel Sprouts Mixed Beg Dinner Roll	Coleslaw Baked Fish or Chicken Tater Tots Chuck Wagon Corn Mixed Beg
<u>Week 4</u> 27-28	Three Bean Salad Chicken Parmesan Egg Noodle Mixed Veg	House Salad Roasted Pork or Chicken Mashed Potatoes Green Beans Mixed Veg Brownies			



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February

Maintain your quality of life, by taking care of your health!

SNAP is a free program that could give you more power to purchase healthier foods! It's easy to apply and easy to use! You get a card that works like a debit card where a set amount is reloaded each month. Swipe it at your local grocery store and enter your pin. It's also known as the Oregon Trail Card and EBT.



Dial 211 or North West Senior & Disability Services at (503) 304-3420 to get safe and secure information or to get help with applying

Questions? Comments about our food? We would love to hear about it!

Give us a call at 503-364-2856 or

Stop by our office 9am—2pm located at:

2615 Portland Rd. NE
Salem, OR 97301