

NAME _____

SourcePoint Meals on Wheels Program

APRIL - HOT CARB CONTROL

Cancellations must be received by 11am, 2 business day in advance
 To order alternate meals, please call 2 business days in advance
 (740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey Burger w/ White Cheddar & Tomato Jam Broccoli White Cheddar Popcorn	2 Cauliflower & Chickpea Curry Cilantro Rice Carrots	3 Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Mexican Zucchini	4 Tuna Melt Stuffed Pepper Brussels Sprouts Malibu Veg Blend Mixed Fruit Cup Roll w/ Butter
7 Broccoli Cheddar Chicken Mashed Redskin Potatoes Sauteed Super Greens & White Beans Roll w/ Butter	8 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	9 Thai Lemongrass Veg Curry Wild Rice Thai Vegetable Potstickers Far East Veg Blend	10 Pork Loin w/ Savory Peach Sauce Mashed Redskin Potatoes Peas Roll w/ Butter	11 Corned Beef over Steamed Cabbage Herb Buttered Spaetzle Carrots Applesauce Cup
14 Greek Beef Lasagna Peas & Pearl Onions Roasted Zucchini	15 Summer Veggie Pot Pie Broccoli Cauliflower	16 Peanut Tofu Stir-Fry over Cauliflower Rice Vegetable Spring Rolls	17 Carolina BBQ Pulled Pork Mac-N-Cheese Brussels Sprouts Sliced Apples	18 Hawaiian Turkey Meatballs Over White Rice Green Beans Kyoto Vegetables
21 Hot Dog w/ Coney Sauce Sauteed Super Greens & White Beans Green Beans	22 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	23 Roasted Veg Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions	24 Roast Turkey w/ Gravy over Sour Cream Mashed Yukon Potatoes Mixed Vegetables Cinnamon Spiced Peaches	25 Pork Meatballs w/ Coconut Herb Sauce over Cauliflower Rice Malibu Veg Blend Peas
28 Meatloaf Roasted Yukon Potatoes Kyoto Vegetables	29 Turkey Burger w/ White Cheddar & Tomato Jam Broccoli White Cheddar Popcorn	30 Cauliflower & Chickpea Curry Cilantro Rice Carrots		

Every effort will be made to provide you with the selected menu, but occasionally there may be a substitution served due to circumstances beyond our control.

Each meal comes with your selection of drink: Skim milk, 2% milk, low-fat chocolate milk, orange juice, apple juice.



Meals marked with this symbol are vegetarian.



Meals marked with this symbol contain seafood/fish.

HIGHLIGHTING MENU ITEMS

April 1 Turkey Burger w/ Tomato Jam A hearty turkey burger topped with white cheddar and a slow-roasted tomato jam, infused with Marsala wine, apple juice and warm spices.	April 8 Loaded Roasted Cauliflower Roasted cauliflower and onions, topped with creamy white cheddar cauliflower bisque, crispy turkey bacon, shredded cheddar and fresh green onions for a rich and flavorful dish.	April 14 Greek Beef Lasagna A layered pasta bake featuring penne, seasoned ground beef and a creamy béchamel sauce infused with nutmeg and cloves. Topped with feta, mozzarella, and Parmesan for a savory finish.	April 16 Peanut Tofu Stir-Fry Oven-baked tofu tossed in a creamy peanut sauce with sesame oil, soy sauce, and sweet chili, served over lightly sautéed cauliflower rice for a flavorful dish.
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SourcePoint Meals on Wheels Program

APRIL - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 7 Layer Salad Roasted Veg & White Beans Pears Roll w/ Butter	2 Steak, Walnut & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	3 Roasted Tomato, Quinoa, Feta & Arugula Salad 3 Bean Salad Grapes	4 Turkey & Mozzarella w/ Pesto Aioli on Wheat Kale Lemon Caesar Salad Pears
7 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears	8 Corn, Zucchini & Arugula Salad w/ Feta 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	9 Turkey & Swiss on Wheat Herby Cauliflower & Chickpea Salad Tropical Ambrosia	10 Steak Cobb Salad Mixed Fruit Animal Crackers	11 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
14 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	15 Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples	16 Seafood Salad Dilled Pasta Salad Tropical Fruit	17 Italian Chopped Salad Italian Quinoa w/ Tomatoes & Basil Mixed Fruit	18 Roast Beef & White Cheddar on Wheat Creamy Cucumber, Tomato & Chickpea Salad Pears
21 Garden Salad Chickpea & Kidney Bean Salad Pears Colby Cheese Stick	22 Turkey Taco Salad w/ Tortilla Strips Tropical Fruit Salad w/ Coconut	23 Ham & Cheddar on Wheat Sweet Kale Salad w/ Pecans Sliced Apples	24 Egg Salad on Wheat Pesto White Bean & Arugula Salad Clementine	25 Tuna Salad w/ Provolone on Wheat Kale Almond Salad Applesauce
28 Uncrustable PB & Grape Jelly Carrots & Broccoli w/ Ranch Fresh Cut Fruit	29 7 Layer Salad Roasted Veg & White Beans Pears Roll w/ Butter	30 Steak, Walnut & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter		

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HIGHLIGHTING MENU ITEMS

April 4 Turkey & Mozzarella w/ Pesto Aioli Turkey, mozzarella, lettuce and tomato with a creamy pesto aioli, served with whole wheat bread for a fresh, flavorful meal.	April 8 Corn, Zucchini & Arugula Salad A vibrant salad featuring roasted zucchini, sweet corn and red onion tossed in a balsamic-basil vinaigrette. Finished with fresh baby arugula and crumbled feta for a flavorful summer dish.	April 16 Seafood Salad A refreshing seafood salad with imitation crab, shrimp, celery, peppers and red onion, tossed in a creamy lemon-dill dressing. Served over fresh baby spinach with Roma tomato wedges.	April 29 7 Layer Salad A classic romaine salad topped with crisp bacon, diced egg, cheddar cheese, red onion, peas and fresh tomatoes. Served with a side of ranch dressing.
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