

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**MAY - 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 Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Mexican Zucchini	2 Tuna Melt Stuffed Pepper Brussels Sprouts Malibu Veg Blend Mixed Fruit Cup Roll w/ Butter
5 Broccoli Cheddar Chicken Mashed Redskin Potatoes Sauteed Super Greens & White Beans Roll w/ Butter	6 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	7 Thai Lemongrass Veg Curry Wild Rice Thai Vegetable Potstickers Far East Veg Blend	8 Pork Loin w/ Savory Peach Sauce Mashed Redskin Potatoes Peas Roll w/ Butter	9 Corned Beef over Steamed Cabbage Herb Buttered Spaetzle Carrots Applesauce Cup
12 Greek Beef Lasagna Peas & Pearl Onions Roasted Zucchini	13 Summer Veggie Pot Pie Broccoli Cauliflower	14 Peanut Tofu Stir-Fry over Cauliflower Rice Vegetable Spring Rolls	15 Carolina BBQ Pulled Pork Mac-N-Cheese Brussels Sprouts Sliced Apples	16 Hawaiian Turkey Meatballs Over White Rice Green Beans Kyoto Vegetables
19 Hot Dog w/ Coney Sauce Sauteed Super Greens & White Beans Green Beans	20 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	21 Roasted Veg Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions	22 Roast Turkey w/ Gravy over Sour Cream Mashed Yukon Potatoes Mixed Vegetables Cinnamon Spiced Peaches	23 Pork Meatballs w/ Coconut Herb Sauce over Cauliflower Rice Malibu Veg Blend Peas
26 <b>CLOSED</b>	27 <b>NO DELIVERY</b>	28 Manicotti w/ Marinara California Veg Blend Peas & Pearl Onions	29 Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Mexican Zucchini	30 Tuna Melt Stuffed Pepper Brussels Sprouts Malibu Veg Blend Mixed Fruit Cup Roll w/ Butter

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**

<b>May 6</b> 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.	<b>May 12</b> 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.	<b>May 14</b> 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.
--	---	--

## SourcePoint Meals on Wheels Program

# MAY - COLD 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](mailto:spnutrition@mysourcepoint.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Roasted Tomato, Quinoa, Feta & Arugula Salad 3 Bean Salad Grapes	Turkey & Mozzarella w/ Pesto Aioli on Wheat Kale Lemon Caesar Salad Pears
5	6	7	8	9
Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears	Corn, Zucchini & Arugula Salad w/ Feta 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	Turkey & Swiss on Wheat Herby Cauliflower & Chickpea Salad Tropical Ambrosia	Steak Cobb Salad Mixed Fruit Animal Crackers	Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
12	13	14	15	16
Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples	Seafood Salad Dilled Pasta Salad Tropical Fruit	Italian Chopped Salad Italian Quinoa w/ Tomatoes & Basil Mixed Fruit	Roast Beef & White Cheddar on Wheat Creamy Cucumber, Tomato & Chickpea Salad Pears
19	20	21	22	23
Garden Salad Chickpea & Kidney Bean Salad Pears Colby Cheese Stick	Turkey Taco Salad w/ Tortilla Strips Tropical Fruit Salad w/ Coconut	Ham & Cheddar on Wheat Sweet Kale Salad w/ Pecans Sliced Apples	Egg Salad on Wheat Pesto White Bean & Arugula Salad Clementine	Tuna Salad w/ Provolone on Wheat Kale Almond Salad Applesauce
26	27	28	29	30
<b>CLOSED</b>	<b>NO DELIVERY</b>	Turkey & Swiss on Wheat Strawberry Chex Mix Mandarin Oranges	Roasted Tomato, Quinoa, Feta & Arugula Salad 3 Bean Salad Grapes	Turkey & Mozzarella w/ Pesto Aioli on Wheat Kale Lemon Caesar Salad Pears

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

<b>May 2</b> <b>Turkey &amp; Mozzarella w/ Pesto Aioli</b> Turkey, mozzarella, lettuce and tomato with a creamy pesto aioli, served with whole wheat bread for a fresh, flavorful meal.	<b>May 6</b> <b>Corn, Zucchini &amp; Arugula Salad</b> 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.	<b>May 14</b> <b>Seafood Salad</b> 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.
---	---	---