

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**MAY - HOT LOW SODIUM**

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/ Swiss & Caramelized Onions Roasted Roma Tomatoes Succotash	2 Honey Lime Chicken Thighs over Coconut Rice Green Beans Carrots
5 Pork Loin w/ Roasted Peach BBQ Sauce over Mashed Redskin Potatoes Succotash Brussels Sprouts	6 Sloppy Joe Roasted Yukon Potatoes Mixed Vegetables	7 White Bean Chicken Chili Green Beans Brussels Sprouts Tortilla Chips	8 Portobella Fajitas Seasoned Black Beans Corn	9 Potato Crusted Tilapia Lemon Herb Rice Peas & Carrots Roll w/ Butter
12 Veggie Cakes w/ Ranch Sautéed Super Greens & White Beans Country Apples	13 Bacon, Asparagus & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables	14 Beef Burger w/ Provolone, Onions & Mushrooms Roasted Yukon Potatoes Succotash	15 Seared Cod w/ White Wine & Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter	16 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn
19 Lemon Ricotta Pasta Malibu Veg Blend Maple Spiced Pears	20 Summer Seafood & Potato Bake Green Beans Carrots	21 Quinoa & Veg Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick	22 Pineapple Bourbon Glazed Chicken over Asian Rice Kyoto Vegetables Peas	23 Meatloaf Roasted Yukon Potatoes Brussels Sprouts Peach Fruit Cup
26 CLOSED	27 NO DELIVERY	28 Manicotti w/ Marinara California Veg Blend Peas & Pearl Onions	29 Turkey Burger w/ Swiss & Caramelized Onions Roasted Roma Tomatoes Succotash	30 Honey Lime Chicken Thighs over Coconut Rice Green Beans 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**

<b>May 2</b> Honey Lime Chicken Thighs Marinated chicken thighs seared and oven-finished, glazed with a flavorful honey-lime soy sauce infused with garlic and ginger.	<b>May 7</b> White Bean Chicken Chili A creamy chicken and navy bean soup with sautéed peppers, onions, roasted corn and a blend of warm spices. Finished with cream cheese and topped with cheddar for a comforting dish.	<b>May 19</b> Lemon Ricotta Pasta Whole grain penne pasta tossed in a creamy ricotta sauce infused with garlic, lemon and Parmesan. Finished with fresh spinach and extra Parmesan.	<b>May 20</b> Summer Seafood & Potato Bake A hearty seafood medley of salmon, cod, and shrimp simmered with leeks, zucchini, mushrooms and herbs in a creamy Dijon sauce. Topped with crispy smashed potatoes.
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## SourcePoint Meals on Wheels Program

# MAY - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples	<b>2</b> Cottage Cheese & Pineapple Banana Muffin Trail Mix 
<b>5</b> Turkey & Swiss Wrap Kale Almond Salad Applesauce	<b>6</b> Mushroom, Egg, & Bacon Spinach Salad Chickpea & Kidney Bean Salad Pears Strawberry Chex Mix	<b>7</b> Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter 	<b>8</b> Tuna Salad over Salad Greens Roasted Veg & White Beans Mixed Fruit Animal Crackers	<b>9</b> Hummus Veggie on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn 
<b>12</b> Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers Clementine	<b>13</b> Steak, Blueberry & Pecan Spinach Salad Sliced Apples w/ PB Animal Crackers	<b>14</b> Egg Salad on Wheat Baby Carrots Fresh Cut Fruit 	<b>15</b> Chicken Salad Wrap Honey Mustard Potato Salad Mixed Fruit	<b>16</b> Beet & Mandarin Orange Spring Mix Pears Blueberry Vanilla Bites 
<b>19</b> Greek Chicken & Grain Salad Broccoli & Carrots Roasted Red Pepper Hummus	<b>20</b> Roasted Veg w/ Herbed Ricotta on Wheat Watermelon White Cheddar Popcorn 	<b>21</b> Strawberry Pecan Salmon Salad Tropical Fruit w/ Coconut Nutrigrain Blueberry Cereal Bar 	<b>22</b> Beef & Summer Vegetable Salad Pesto Pasta Salad Mixed Fruit	<b>23</b> Superfood Salad w/ Almonds Pears Mini Blueberry Loaf 
<b>26</b>  <b>CLOSED</b>	<b>27</b>  <b>NO DELIVERY</b>	<b>28</b> Turkey & Swiss on Wheat Strawberry Chex Mix Mandarin Oranges	<b>29</b> Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples	<b>30</b> Cottage Cheese & Pineapple Banana Muffin Trail Mix 

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### HIGHLIGHTING MENU ITEMS

<b>May 16</b> <b>Beet &amp; Mandarin Orange Spring Mix</b> A vibrant kale salad with sweet mandarin oranges, beets and chickpeas, topped with red onion and creamy goat cheese. Served with a raspberry vinaigrette.	<b>May 19</b> <b>Greek Chicken &amp; Grain Salad</b> A fresh Greek-inspired salad with marinated chicken, quinoa, cucumbers, tomatoes, Kalamata olives and red onions over crisp romaine, topped with feta cheese and served with Greek dressing.
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