






NAME _____

SourcePoint Meals on Wheels Program

JULY - HOT DAILY

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 Indian Butter Cauliflower & Chickpeas White Rice Peas & Pearl Onions 	2 BBQ Pulled Pork Sandwich Baked Beans Succotash	3 Honey Mustard Chicken over Herbed Wild Rice Northwest Veg Blend Brussels Sprouts Breadstick w/ Butter	4 CLOSED
7 NO DELIVERY	8 White Chicken Lasagna Broccoli & Cauliflower Mixed Vegetables	9 Meatloaf Baby Bakers Succotash	10 Turkey Burger w/ White Cheddar & Guac Cup Malibu Veg. Blend Brussels Sprouts	11 Sliced Braut w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Peach Fruit Cup
14 Teriyaki Turkey Rice Bowl Vegetable Spring Rolls Kyoto Veg Blend Clementine	15 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter 	16 Burger w/ American & LTO Baked Beans Corn	17 Creamy Garlic Pork Bites Over Mashed Yukon Potatoes Mixed Vegetables Baked Peaches	18 TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans Applesauce Cup
21 Southwest Turkey Rice Casserole Mexican Sweet Potatoes Broccoli Mixed Fruit Cup	22 Creamy Pesto Veg Tortellini Peas California Veg Blend Garlic Bread 	23 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	24 Tropical Glazed Salmon over Brown Rice Kyoto Veg Blend Peas 	25 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Succotash
28 Beef Lasagna Brussels Sprouts Italian Veg Blend Garlic Bread	29 Indian Butter Cauliflower & Chickpeas White Rice Peas & Pearl Onions 	30 BBQ Pulled Pork Sandwich Baked Beans Succotash	31 Honey Mustard Chicken over Herbed Wild Rice Northwest Veg Blend Brussels Sprouts Breadstick 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

July 14 Teriyaki Turkey Rice Bowl Teriyaki-glazed turkey with sauteed vegetables and pineapple, served over brown rice for a delicious blend of sweet and savory flavors.	July 21 Southwest Turkey Rice Casserole Seasoned ground turkey with sauteed peppers, onions, black beans, and brown rice, simmered with salsa and tomatoes. Topped with cheddar cheese and sour cream.	July 22 Creamy Pesto Veg Tortellini Cheese tortellini tossed in a creamy Alfredo-pesto sauce with roasted asparagus, red bell peppers, onions and mushrooms.
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SourcePoint Meals on Wheels Program

JULY - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Salad on Wheat Kale Lemon Caesar Salad Tropical Fruit Baby Carrots	2 Beef & Bleu Cheese Salad Roasted Broccoli, Almond & Quinoa Salad Fresh Cut Fruit Blueberry Bites	3 Summer Cobb Salad w/ Guac Mini Banana Nut Loaf Pears	4 CLOSED
7 NO DELIVERY	8 Egg Salad on Croissant Swiss Cheese Cubes Tropical Fruit w/ Coconut	9 Chef Salad w/ Bleu Cheese Dressing Pears Mini Blueberry Loaf Strawberry Chex Mix	10 Tomato, Cucumber, & Spinach on Wheat w/ Herbed Cream Cheese Mixed Fruit Strawberry Chex Mix	11 Pesto Chickpea Veg Salad Vanilla Yogurt Fresh Cut Fruit Roll w/ Butter
14 Ham & Swiss on Wheat Carrot Raisin Salad Fresh Cut Fruit	15 Roast Beef & White Cheddar on Wheat Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	16 BBQ Chicken Salad w/ Guac Pineapple Slaw Mixed Fruit	17 Mediterranean Chickpea Salad Apricots Hummus & Pita Wedges	18 Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches
21 Tuna Pasta Salad Baby Carrots Tropical Fruit w/ Coconut	22 Southwest Chicken Salad Wrap Mexican Street Corn Salad Cinnamon Spiced Peaches	23 Turkey & Swiss on Wheat Bacon Pea Ranch Salad Fresh Cut Fruit	24 Peach, Blueberry, Almond Spinach Salad 3 Bean Salad Corn Muffin	25 Arugula Citrus Salad w/ Pecans Mixed Fruit Animal Crackers
28 Egg Salad on Wheat Broccoli Craisin Salad w/ Almonds Mixed Fruit	29 Chicken Salad on Wheat Kale Lemon Caesar Salad Tropical Fruit Baby Carrots	30 Beef & Bleu Cheese Salad Roasted Broccoli, Almond & Quinoa Salad Fresh Cut Fruit Blueberry Bites	31 Summer Cobb Salad w/ Guac Mini Banana Nut Loaf Pears	

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HIGHLIGHTING MENU ITEMS

July 11 Pesto Chickpea Veg Salad A refreshing mix of chickpeas, crisp asparagus, spinach and peas, tossed in a bright pesto-lemon dressing. Topped with a creamy goat cheese.	July 16 BBQ Chicken Salad w/ Guac BBQ chicken, black beans, pineapple and crisp bell peppers over shredded romaine, topped with Monterey Jack cheese. Served with tri-color tortilla strips, guacamole and ranch.	July 18 Italian Tortellini Pasta Salad Cheese tortellini tossed with crisp broccoli, bell peppers, red onion, carrots and artichoke hearts in a golden Italian dressing for a refreshing summer pasta salad.	July 25 Arugula Citrus Salad w/ Pecans A fresh blend of baby arugula, quinoa and chickpeas, topped with sweet mandarin oranges, toasted pecans and feta. Served with a zesty citrus dressing.
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