

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

JULY - 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 Sloppy Joe Roasted Yukon Potatoes Mixed Vegetables	2 White Bean Chicken Chili Green Beans Brussels Sprouts Tortilla Chips	3 Portobella Fajitas Seasoned Black Beans Corn	4 CLOSED
7 NO DELIVERY	8 White Chicken Lasagna Broccoli & Cauliflower Mixed Vegetables	9 Beef Burger w/ Provolone, Onions & Mushrooms Roasted Yukon Potatoes Succotash	10 Seared Cod w/ White Wine & Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter	11 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn
14 Lemon Ricotta Pasta Malibu Veg Blend Maple Spiced Pears	15 Summer Seafood & Potato Bake Green Beans Carrots	16 Quinoa & Veg Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick	17 Pineapple Bourbon Glazed Chicken over Asian Rice Kyoto Vegetables Peas	18 Meatloaf Roasted Yukon Potatoes Brussels Sprouts Peach Fruit Cup
21 Roasted Veg Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions	22 Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup	23 Cheese Pizza Mixed Vegetables Maple Spiced Peaches	24 Turkey Burger w/ Swiss & Caramelized Onions Roasted Roma Tomatoes Succotash	25 Honey Lime Chicken Thighs over Coconut Rice Green Beans Carrots
28 Pork Loin w/ Roasted Peach BBQ Sauce over Mashed Redskin Potatoes Succotash Brussels Sprouts	29 Sloppy Joe Roasted Yukon Potatoes Mixed Vegetables	30 White Bean Chicken Chili Green Beans Brussels Sprouts Tortilla Chips	31 Portobella Fajitas Seasoned Black Beans Corn	

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 2 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.	July 14 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.	July 15 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.	July 25 Honey Lime Chicken Thighs Marinated chicken thighs seared and oven-finished, glazed with a flavorful honey-lime soy sauce infused with garlic and ginger.
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SourcePoint Meals on Wheels Program

JULY - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>1</div> <div>Mushroom, Egg, &amp; Bacon Spinach Salad Chickpea &amp; Kidney Bean Salad Pears Strawberry Chex Mix</div>	<div>2</div> <div>Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter</div> <div></div>	<div>3</div> <div>Tuna Salad over Salad Greens Roasted Veg &amp; White Beans Mixed Fruit Animal Crackers</div> <div></div>	<div>4</div> <div>CLOSED</div>
<div>7</div> <div>NO DELIVERY</div>	<div>8</div> <div>Egg Salad on Croissant Swiss Cheese Cubes Tropical Fruit w/ Coconut</div> <div></div>	<div>9</div> <div>Egg Salad on Wheat Baby Carrots Fresh Cut Fruit</div> <div></div>	<div>10</div> <div>Chicken Salad Wrap Honey Mustard Potato Salad Mixed Fruit</div>	<div>11</div> <div>Beet &amp; Mandarin Orange Spring Mix Pears Blueberry Vanilla Bites</div> <div></div>
<div>14</div> <div>Greek Chicken &amp; Grain Salad Broccoli &amp; Carrots Roasted Red Pepper Hummus</div>	<div>15</div> <div>Roasted Veg w/ Herbed Ricotta on Wheat Watermelon White Cheddar Popcorn</div> <div></div>	<div>16</div> <div>Strawberry Pecan Salmon Salad Tropical Fruit w/ Coconut Nutrigrain Blueberry Cereal Bar</div> <div></div>	<div>17</div> <div>Beef &amp; Summer Vegetable Salad Pesto Pasta Salad Mixed Fruit</div>	<div>18</div> <div>Superfood Salad w/ Almonds Pears Mini Blueberry Loaf</div> <div></div>
<div>21</div> <div>Summer Chicken BLT Salad Broccoli Craisin Salad w/ Almonds Fresh Cut Fruit Baby Carrots</div>	<div>22</div> <div>Black Bean Taco Dip w/ Tortilla Chips Roasted Sweet Potato, Corn &amp; Black Bean Salad Mandarin Oranges</div> <div></div>	<div>23</div> <div>Dilled Pasta Salad w/ Bay Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit</div> <div></div>	<div>24</div> <div>Roast Beef &amp; Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples</div>	<div>25</div> <div>Cottage Cheese &amp; Pineapple Banana Muffin Trail Mix</div> <div></div>
<div>28</div> <div>Turkey &amp; Swiss Wrap Kale Almond Salad Applesauce</div>	<div>29</div> <div>Mushroom, Egg, &amp; Bacon Spinach Salad Chickpea &amp; Kidney Bean Salad Pears Strawberry Chex Mix</div>	<div>30</div> <div>Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter</div> <div></div>	<div>31</div> <div>Tuna Salad over Salad Greens Roasted Veg &amp; White Beans Mixed Fruit Animal Crackers</div> <div></div>	

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HIGHLIGHTING MENU ITEMS

<div>July 11</div> <div>Beet &amp; Mandarin Orange Spring Mix</div> <div>A vibrant kale salad with sweet mandarin oranges, beets and chickpeas, topped with red onion and creamy goat cheese. Served with a raspberry vinaigrette.</div>	<div>July 14</div> <div>Greek Chicken &amp; Grain Salad</div> <div>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.</div>	<div>July 22</div> <div>Black Bean Taco Dip</div> <div>A creamy black bean dip blended with sour cream and cream cheese, topped with fresh corn and tomato salsa, queso fresco and sour cream. Served with crispy tortilla chips.</div>	<div>July 23</div> <div>Dilled Pasta Salad w/ Bay Shrimp</div> <div>A refreshing shrimp and macaroni salad with crisp celery, peppers and red onion, tossed in a light lemon-dill dressing with mayonnaise and sour cream for a creamy, zesty finish.</div>
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