

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

AUGUST - 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
				<div>1</div> <div>Corned Beef over Steamed Cabbage Herb Buttered Spaetzle Carrots Applesauce Cup</div>
<div>4</div> <div>Greek Beef Lasagna Peas &amp; Pearl Onions Roasted Zucchini</div>	<div>5</div> <div>Summer Veggie Pot Pie Broccoli Cauliflower</div> <div></div>	<div>6</div> <div>Peanut Tofu Stir-Fry over Cauliflower Rice Vegetable Spring Rolls</div> <div></div>	<div>7</div> <div>Carolina BBQ Pulled Pork Mac-N-Cheese Brussels Sprouts Sliced Apples</div>	<div>8</div> <div>Hawaiian Turkey Meatballs Over White Rice Green Beans Kyoto Vegetables</div>
<div>11</div> <div>Hot Dog w/ Coney Sauce Sauteed Super Greens &amp; White Beans Green Beans</div>	<div>12</div> <div>Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter</div>	<div>13</div> <div>Roasted Veg Stuffed Portobello Creamy Italian Stewed Chickpeas Peas &amp; Pearl Onions</div> <div></div>	<div>14</div> <div>Roast Turkey w/ Gravy over Sour Cream Mashed Yukon Potatoes Mixed Vegetables Cinnamon Spiced Peaches</div>	<div>15</div> <div>Pork Meatballs w/ Coconut Herb Sauce over Cauliflower Rice Malibu Veg Blend Peas</div>
<div>18</div> <div>Meatloaf Roasted Yukon Potatoes Kyoto Vegetables</div>	<div>19</div> <div>Turkey Burger w/ White Cheddar &amp; Tomato Jam Broccoli White Cheddar Popcorn</div>	<div>20</div> <div>Cauliflower &amp; Chickpea Curry Cilantro Rice Carrots</div> <div></div>	<div>21</div> <div>Shredded Pork Tinga w/ Queso Fresco &amp; Tortillas Corn &amp; Black Beans Mexican Zucchini</div>	<div>22</div> <div>Tuna Melt Stuffed Pepper Brussels Sprouts Malibu Veg Blend Mixed Fruit Cup Roll w/ Butter</div> <div></div>
<div>25</div> <div>Broccoli Cheddar Chicken Mashed Redskin Potatoes Sauteed Super Greens &amp; White Beans Roll w/ Butter</div>	<div>26</div> <div>Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches</div>	<div>27</div> <div>Thai Lemongrass Veg Curry Wild Rice Thai Vegetable Potstickers Far East Veg Blend</div> <div></div>	<div>28</div> <div>Pork Loin w/ Savory Peach Sauce Mashed Redskin Potatoes Peas Roll w/ Butter</div>	<div>29</div> <div>Corned Beef over Steamed Cabbage Herb Buttered Spaetzle Carrots Applesauce Cup</div>

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

<div>August 4</div> <div>Greek Beef Lasagna</div> <div>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.</div>	<div>August 6</div> <div>Peanut Tofu Stir-Fry</div> <div>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</div>	<div>August 19</div> <div>Turkey Burger w/ Tomato Jam</div> <div>A hearty turkey burger topped with white cheddar and a slow-roasted tomato jam, infused with Marsala wine, apple juice and warm spices.</div>	<div>August 26</div> <div>Loaded Roasted Cauliflower</div> <div>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.</div>
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SourcePoint Meals on Wheels Program

AUGUST - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <div>Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots</div>
<div>4</div> <div>Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce</div> <div></div>	<div>5</div> <div>Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples</div>	<div>6</div> <div>Seafood Salad Dilled Pasta Salad Tropical Fruit</div> <div></div>	<div>7</div> <div>Italian Chopped Salad Italian Quinoa w/ Tomatoes &amp; Basil Mixed Fruit</div> <div></div>	<div>8</div> <div>Roast Beef &amp; White Cheddar on Wheat Creamy Cucumber, Tomato &amp; Chickpea Salad Pears</div>
<div>11</div> <div>Garden Salad Chickpea &amp; Kidney Bean Salad Pears Colby Cheese Stick</div> <div></div>	<div>12</div> <div>Turkey Taco Salad w/ Tortilla Strips Tropical Fruit Salad w/ Coconut</div>	<div>13</div> <div>Ham &amp; Cheddar on Wheat Sweet Kale Salad w/ Pecans Sliced Apples</div>	<div>14</div> <div>Egg Salad on Wheat Pesto White Bean &amp; Arugula Salad Clementine</div> <div></div>	<div>15</div> <div>Tuna Salad w/ Provolone on Wheat Kale Almond Salad Applesauce</div> <div></div>
<div>18</div> <div>Uncrustable PB &amp; Grape Jelly Carrots &amp; Broccoli w/ Ranch Fresh Cut Fruit</div> <div></div>	<div>19</div> <div>7 Layer Salad Roasted Veg &amp; White Beans Pears Roll w/ Butter</div>	<div>20</div> <div>Steak, Walnut &amp; Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter</div>	<div>21</div> <div>Roasted Tomato, Quinoa, Feta &amp; Arugula Salad 3 Bean Salad Grapes</div> <div></div>	<div>22</div> <div>Turkey &amp; Mozzarella w/ Pesto Aioli on Wheat Kale Lemon Caesar Salad Pears</div>
<div>25</div> <div>Mozzarella, Tomato &amp; Chickpea Salad Italian Pasta Salad Pears</div> <div></div>	<div>26</div> <div>Corn, Zucchini &amp; Arugula Salad w/ Feta 3 Bean Salad Watermelon Hawaiian Roll w/ Butter</div> <div></div>	<div>27</div> <div>Turkey &amp; Swiss on Wheat Herby Cauliflower &amp; Chickpea Salad Tropical Ambrosia</div>	<div>28</div> <div>Steak Cobb Salad Mixed Fruit Animal Crackers</div>	<div>29</div> <div>Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots</div>

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HIGHLIGHTING MENU ITEMS

<div>August 6</div> <div>Seafood Salad</div> <div>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.</div>	<div>August 19</div> <div>7 Layer Salad</div> <div>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.</div>	<div>August 22</div> <div>Turkey &amp; Mozzarella w/ Pesto Aioli</div> <div>Turkey, mozzarella, lettuce and tomato with a creamy pesto aioli, served with whole wheat bread for a fresh, flavorful meal.</div>	<div>August 26</div> <div>Corn, Zucchini &amp; Arugula Salad</div> <div>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.</div>
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