

NAME _____

SourcePoint Meals on Wheels Program

AUGUST - 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
				<div>1</div> <div>Veggie Burger w/ White Cheddar & Guac Roasted Redskin Potatoes Maple Spiced Pears</div> <div></div>
<div>4</div> <div>BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter</div>	<div>5</div> <div>Lasagna Roll Up w/ Roasted Red Pepper Sauce Parmesan Veg. Casserole Peas & Carrots Mandarin Oranges in Jello</div> <div></div>	<div>6</div> <div>Meatloaf Baby Bakers Succotash</div>	<div>7</div> <div>Turkey Burger w/ White Cheddar & Guac Cup Malibu Veg. Blend Brussels Sprouts</div>	<div>8</div> <div>Sliced Braut w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Peach Fruit Cup</div>
<div>11</div> <div>Teriyaki Turkey Rice Bowl Vegetable Spring Rolls Kyoto Veg Blend Clementine</div>	<div>12</div> <div>Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter</div> <div></div>	<div>13</div> <div>Burger w/ American & LTO Baked Beans Corn</div>	<div>14</div> <div>Creamy Garlic Pork Bites Over Mashed Yukon Potatoes Mixed Vegetables Baked Peaches</div>	<div>15</div> <div>TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans Applesauce Cup</div>
<div>18</div> <div>Southwest Turkey Rice Casserole Mexican Sweet Potatoes Broccoli Mixed Fruit Cup</div>	<div>19</div> <div>Creamy Pesto Veg Tortellini Peas California Veg Blend Garlic Bread</div> <div></div>	<div>20</div> <div>Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick</div>	<div>21</div> <div>Tropical Glazed Salmon over Brown Rice Kyoto Veg Blend Peas</div> <div></div>	<div>22</div> <div>Beef Hot Dog w/ Bun Roasted Yukon Potatoes Succotash</div>
<div>25</div> <div>Beef Lasagna Brussels Sprouts Italian Veg Blend Garlic Bread</div>	<div>26</div> <div>Indian Butter Cauliflower & Chickpeas White Rice Peas & Pearl Onions</div> <div></div>	<div>27</div> <div>BBQ Pulled Pork Sandwich Baked Beans Succotash</div>	<div>28</div> <div>Honey Mustard Chicken over Herbed Wild Rice Northwest Veg Blend Brussels Sprouts Breadstick w/ Butter</div>	<div>29</div> <div>Veggie Burger w/ White Cheddar & Guac Roasted Redskin Potatoes Maple Spiced Pears</div> <div></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>BBQ Chicken Grain Bowl</div> <div>Tender BBQ chicken served over a flavorful mix of brown rice, black beans, corn and sauteed peppers and onions. Paired with tri-color tortilla strips and ranch dressing.</div>	<div>August 11</div> <div>Teriyaki Turkey Rice Bowl</div> <div>Teriyaki-glazed turkey with sauteed vegetables and pineapple, served over brown rice for a delicious blend of sweet and savory flavors.</div>	<div>August 18</div> <div>Southwest Turkey Rice Casserole</div> <div>Seasoned ground turkey with sauteed peppers, onions, black beans, and brown rice, simmered with salsa and tomatoes. Topped with cheddar cheese and sour cream.</div>	<div>August 19</div> <div>Creamy Pesto Veg Tortellini</div> <div>Cheese tortellini tossed in a creamy Alfredo-pesto sauce with roasted asparagus, red bell peppers, onions and mushrooms.</div>
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AUGUST - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <div>Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish</div>
<div>4</div> <div>Grilled Salmon Salad Pineapple & Black Bean Salad Colby Cheese Stick Tortilla Scoops</div> <div></div>	<div>5</div> <div>Curried Chicken Salad w/ Almonds & Flatbread Creamy Cucumber & Chickpea Salad Tropical Fruit w/ Coconut</div>	<div>6</div> <div>Chef Salad w/ Bleu Cheese Dressing Pears Mini Blueberry Loaf Strawberry Chex Mix</div>	<div>7</div> <div>Tomato, Cucumber, & Spinach on Wheat w/ Herbed Cream Cheese Mixed Fruit Strawberry Chex Mix</div> <div></div>	<div>8</div> <div>Pesto Chickpea Veg Salad Vanilla Yogurt Fresh Cut Fruit Roll w/ Butter</div> <div></div>
<div>11</div> <div>Ham & Swiss on Wheat Carrot Raisin Salad Fresh Cut Fruit</div>	<div>12</div> <div>Roast Beef & White Cheddar on Wheat Honey Mustard Potato Salad Kale Almond Salad Sliced Apples</div>	<div>13</div> <div>BBQ Chicken Salad w/ Guac Pineapple Slaw Mixed Fruit</div>	<div>14</div> <div>Mediterranean Chickpea Salad Apricots Hummus & Pita Wedges</div> <div></div>	<div>15</div> <div>Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches</div> <div></div>
<div>18</div> <div>Tuna Pasta Salad Baby Carrots Tropical Fruit w/ Coconut</div> <div></div>	<div>19</div> <div>Southwest Chicken Salad Wrap Mexican Street Corn Salad Cinnamon Spiced Peaches</div>	<div>20</div> <div>Turkey & Swiss on Wheat Bacon Pea Ranch Salad Fresh Cut Fruit</div>	<div>21</div> <div>Peach, Blueberry, Almond Spinach Salad 3 Bean Salad Corn Muffin</div> <div></div>	<div>22</div> <div>Arugula Citrus Salad w/ Pecans Mixed Fruit Animal Crackers</div> <div></div>
<div>25</div> <div>Egg Salad on Wheat Broccoli Craisin Salad w/ Almonds Mixed Fruit</div> <div></div>	<div>26</div> <div>Chicken Salad on Wheat Kale Lemon Caesar Salad Tropical Fruit Baby Carrots</div>	<div>27</div> <div>Beef & Bleu Cheese Salad Roasted Broccoli, Almond & Quinoa Salad Fresh Cut Fruit Blueberry Bites</div>	<div>28</div> <div>Summer Cobb Salad w/ Guac Mini Banana Nut Loaf Pears</div> <div></div>	<div>29</div> <div>Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish</div>

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HIGHLIGHTING MENU ITEMS

<div>August 8</div> <div>Pesto Chickpea Veg Salad</div> <div>A refreshing mix of chickpeas, crisp asparagus, spinach and peas, tossed in a bright pesto-lemon dressing. Topped with a creamy goat cheese.</div>	<div>August 13</div> <div>BBQ Chicken Salad w/ Guac</div> <div>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.</div>	<div>August 15</div> <div>Italian Tortellini Pasta Salad</div> <div>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.</div>	<div>August 22</div> <div>Arugula Citrus Salad w/ Pecans</div> <div>A fresh blend of baby arugula, quinoa and chickpeas, topped with sweet mandarin oranges, toasted pecans and feta. Served with a zesty citrus dressing.</div>
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