

NAME _____

SourcePoint Meals on Wheels Program

AUGUST - 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
				<div>1</div> <div>Potato Crusted Tilapia Lemon Herb Rice Peas & Carrots Roll w/ Butter</div> <div></div>
<div>4</div> <div>Veggie Cakes w/ Ranch Sauteed Super Greens & White Beans Country Apples</div> <div></div>	<div>5</div> <div>Bacon, Asparagus & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables</div> <div></div>	<div>6</div> <div>Beef Burger w/ Provolone, Onions & Mushrooms Roasted Yukon Potatoes Succotash</div> <div></div>	<div>7</div> <div>Seared Cod w/ White Wine & Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter</div> <div></div>	<div>8</div> <div>Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn</div> <div></div>
<div>11</div> <div>Lemon Ricotta Pasta Malibu Veg Blend Maple Spiced Pears</div> <div></div>	<div>12</div> <div>Summer Seafood & Potato Bake Green Beans Carrots</div> <div></div>	<div>13</div> <div>Quinoa & Veg Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick</div> <div></div>	<div>14</div> <div>Pineapple Bourbon Glazed Chicken over Asian Rice Kyoto Vegetables Peas</div> <div></div>	<div>15</div> <div>Meatloaf Roasted Yukon Potatoes Brussels Sprouts Peach Fruit Cup</div> <div></div>
<div>18</div> <div>Roasted Veg Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions</div> <div></div>	<div>19</div> <div>Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup</div> <div></div>	<div>20</div> <div>Cheese Pizza Mixed Vegetables Maple Spiced Peaches</div> <div></div>	<div>21</div> <div>Turkey Burger w/ Swiss & Caramelized Onions Roasted Roma Tomatoes Succotash</div> <div></div>	<div>22</div> <div>Honey Lime Chicken Thighs over Coconut Rice Green Beans Carrots</div> <div></div>
<div>25</div> <div>Pork Loin w/ Roasted Peach BBQ Sauce over Mashed Redskin Potatoes Succotash Brussels Sprouts</div> <div></div>	<div>26</div> <div>Sloppy Joe Roasted Yukon Potatoes Mixed Vegetables</div> <div></div>	<div>27</div> <div>White Bean Chicken Chili Green Beans Brussels Sprouts Tortilla Chips</div> <div></div>	<div>28</div> <div>Portobella Fajitas Seasoned Black Beans Corn</div> <div></div>	<div>29</div> <div>Potato Crusted Tilapia Lemon Herb Rice Peas & Carrots Roll w/ Butter</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 11</div> <div>Lemon Ricotta Pasta</div> <div>Whole grain penne pasta tossed in a creamy ricotta sauce infused with garlic, lemon and Parmesan. Finished with fresh spinach and extra Parmesan.</div>	<div>August 12</div> <div>Summer Seafood & Potato Bake</div> <div>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.</div>	<div>August 22</div> <div>Honey Lime Chicken Thighs</div> <div>Marinated chicken thighs seared and oven-finished, glazed with a flavorful honey-lime soy sauce infused with garlic and ginger.</div>	<div>August 27</div> <div>White Bean Chicken Chili</div> <div>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.</div>
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AUGUST - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <div>Hummus Veggie on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn</div> <div></div>
<div>4</div> <div>Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers Clementine</div>	<div>5</div> <div>Steak, Blueberry & Pecan Spinach Salad Sliced Apples w/ PB Animal Crackers</div>	<div>6</div> <div>Egg Salad on Wheat Baby Carrots Fresh Cut Fruit</div> <div></div>	<div>7</div> <div>Chicken Salad Wrap Honey Mustard Potato Salad Mixed Fruit</div>	<div>8</div> <div>Beet & Mandarin Orange Spring Mix Pears Blueberry Vanilla Bites</div> <div></div>
<div>11</div> <div>Greek Chicken & Grain Salad Broccoli & Carrots Roasted Red Pepper Hummus</div>	<div>12</div> <div>Roasted Veg w/ Herbed Ricotta on Wheat Watermelon White Cheddar Popcorn</div> <div></div>	<div>13</div> <div>Strawberry Pecan Salmon Salad Tropical Fruit w/ Coconut Nutrigrain Blueberry Cereal Bar</div> <div></div>	<div>14</div> <div>Beef & Summer Vegetable Salad Pesto Pasta Salad Mixed Fruit</div>	<div>15</div> <div>Superfood Salad w/ Almonds Pears Mini Blueberry Loaf</div> <div></div>
<div>18</div> <div>Summer Chicken BLT Salad Broccoli Craisin Salad w/ Almonds Fresh Cut Fruit Baby Carrots</div>	<div>19</div> <div>Black Bean Taco Dip w/ Tortilla Chips Roasted Sweet Potato, Corn & Black Bean Salad Mandarin Oranges</div> <div></div>	<div>20</div> <div>Dilled Pasta Salad w/ Bay Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit</div> <div></div>	<div>21</div> <div>Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples</div>	<div>22</div> <div>Cottage Cheese & Pineapple Banana Muffin Trail Mix</div> <div></div>
<div>25</div> <div>Turkey & Swiss Wrap Kale Almond Salad Applesauce</div>	<div>26</div> <div>Mushroom, Egg, & Bacon Spinach Salad Chickpea & Kidney Bean Salad Pears Strawberry Chex Mix</div>	<div>27</div> <div>Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter</div> <div></div>	<div>28</div> <div>Tuna Salad over Salad Greens Roasted Veg & White Beans Mixed Fruit Animal Crackers</div> <div></div>	<div>29</div> <div>Hummus Veggie on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn</div> <div></div>

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<div>August 8</div> <div>Beet & 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>August 11</div> <div>Greek Chicken & 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>August 19</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>August 20</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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