

SourcePoint Meals on Wheels
 spnutrition@mysourcepoint.org
 740-204-2434

Monthly Meal Selection

POLICY: Please cancel no later than
 11:00 a.m. 2 days prior to delivery.
 To order alternate meals, call
 2 business days in advance.

Name: _____

August 2025	CANCEL MEALS			HOT MEALS				COLD MEALS		
Service Date	Cancel Hot Meal	Cancel Cold Meal		Regular	Low Sodium	Carb Control		Regular	Low Sodium	Carb Control
Fri. 8/1/25										
Mon. 8/4/25										
Tue. 8/5/25										
Wed. 8/6/25										
Thu. 8/7/25										
Fri. 8/8/25										
Mon. 8/11/25										
Tue. 8/12/25										
Wed. 8/13/25										
Thu. 8/14/25										
Fri. 8/15/25										
Mon. 8/18/25										
Tue. 8/19/25										
Wed. 8/20/25										
Thu. 8/21/25										
Fri. 8/22/25										
Mon. 8/25/25										
Tue. 8/26/25										
Wed. 8/27/25										
Thu. 8/28/25										
Fri. 8/29/25										