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SourcePoint Meals on Wheels Program

SEPTEMBER - 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>CLOSED</div>	<div>2</div> <div>NO DELIVERY</div>	<div>3</div> <div>Manicotti w/ Marinara California Vegetable Blend Peas & Pearl Onions</div> <div></div>	<div>4</div> <div>Carolina BBQ Pulled Pork Sandwich Mac-N-Cheese Brussels Sprouts Sliced Apples</div>	<div>5</div> <div>Hawaiian Turkey Meatballs Over White Rice Green Beans Kyoto Vegetable Blend</div>
<div>8</div> <div>Hot Dog w/ Coney Sauce Sauteed Super Greens & White Beans Green Beans</div>	<div>9</div> <div>Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter</div>	<div>10</div> <div>Roasted Veg Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions</div> <div></div>	<div>11</div> <div>Roast Turkey w/ Gravy over Sour Cream Mashed Yukon Potatoes Mixed Vegetables Cinnamon Spiced Peaches</div>	<div>12</div> <div>Pork Meatballs w/ Coconut Herb Sauce Over Cauliflower Rice Malibu Veg Blend Peas</div>
<div>15</div> <div>Meatloaf Roasted Yukon Potatoes Kyoto Vegetable Blend</div>	<div>16</div> <div>Turkey Burger w/ White Cheddar & Tomato Jam Broccoli White Cheddar Popcorn</div>	<div>17</div> <div>Cauliflower & Chickpea Curry Cilantro Rice Carrots</div> <div></div>	<div>18</div> <div>Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Mexican Zucchini</div>	<div>19</div> <div>Tuna Melt Stuffed Pepper Brussels Sprouts Malibu Veg Blend Mixed Fruit Cup Roll w/ Butter</div> <div></div>
<div>22</div> <div>Broccoli Cheddar Stuffed Chicken Mashed Redskin Potatoes Sauteed Super Greens & White Beans Roll w/ Butter</div>	<div>23</div> <div>Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches</div>	<div>24</div> <div>Thai Lemongrass Veg Curry Wild Rice Thai Vegetable Potstickers Far East Veg Blend</div> <div></div>	<div>25</div> <div>Pork Loin w/ Savory Peach Sauce Mashed Redskin Potatoes Peas Roll w/ Butter</div>	<div>26</div> <div>Corned Beef Over Steamed Cabbage Herb Buttered Spaetzle Carrots Applesauce Cup</div>
<div>29</div> <div>Greek Beef Lasagna Peas & Pearl Onions Roasted Zucchini</div>	<div>30</div> <div>Summer Veggie Pot Pie Broccoli Cauliflower</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>September 16</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>September 23</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>	<div>September 29</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>
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SourcePoint Meals on Wheels Program

SEPTEMBER - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 NO DELIVERY	3 Taco Salad Tropical Fruit Cornbread	4 Italian Chopped Salad Italian Quinoa w/ Tomatoes & Basil Mixed Fruit	5 Roast Beef & White Cheddar on Wheat Creamy Cucumber, Tomato & Chickpea Salad Pears
8 Garden Salad Chickpea & Kidney Bean Salad Pears Colby Cheese Stick	9 Turkey Taco Salad w/ Tortilla Strips Tropical Fruit Salad w/ Coconut	10 Ham & Cheddar on Wheat Sweet Kale Salad w/ Pecans Sliced Apples	11 Egg Salad on Wheat Pesto White Bean & Arugula Salad Clementine	12 Tuna Salad w/ Provolone on Wheat Kale Almond Salad Applesauce
15 Uncrustable PB & Grape Jelly Carrots & Broccoli w/ Ranch Fresh Cut Fruit	16 7 Layer Salad Roasted Veg & White Beans Pears Roll w/ Butter	17 Steak, Walnut & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	18 Roasted Tomato, Quinoa, Feta & Arugula Salad 3 Bean Salad Grapes	19 Turkey & Mozzarella w/ Pesto Aioli on Wheat Kale Lemon Caesar Salad Pears
22 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears	23 Corn, Zucchini & Arugula Salad w/ Feta 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	24 Turkey & Swiss on Wheat Herby Cauliflower & Chickpea Salad Tropical Ambrosia	25 Steak Cobb Salad Mixed Fruit Animal Crackers	26 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
29 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	30 Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples			

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HIGHLIGHTING MENU ITEMS

September 16 7 Layer Salad 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.	September 19 Turkey & Mozzarella w/ Pesto Aioli Turkey, mozzarella, lettuce and tomato with a creamy pesto aioli, served with whole wheat bread for a fresh, flavorful meal.	September 23 Corn, Zucchini & Arugula Salad 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.
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