

NAME_____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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>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>Turkey Burger w/ White Cheddar & Guac Cup Malibu Vegetable Blend Brussels Sprouts</div>	<div>5</div> <div>Sliced Braut w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Peach Fruit Cup</div>
<div>8</div> <div>Teriyaki Turkey Rice Bowl Vegetable Spring Rolls Kyoto Veg Blend Clementine</div>	<div>9</div> <div>Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter</div> <div></div>	<div>10</div> <div>Burger w/ American & LTO Baked Beans Corn</div>	<div>11</div> <div>Creamy Garlic Pork Bites Over Mashed Yukon Potatoes Mixed Vegetables Baked Peaches</div>	<div>12</div> <div>TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans Applesauce Cup</div>
<div>15</div> <div>Southwest Turkey Rice Casserole Mexican Sweet Potatoes Broccoli Mixed Fruit Cup</div>	<div>16</div> <div>Creamy Pesto Veg Tortellini Peas California Veg Blend Garlic Bread</div> <div></div>	<div>17</div> <div>Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick</div>	<div>18</div> <div>Tropical Glazed Salmon Over Brown Rice Kyoto Veg Blend Peas</div> <div></div>	<div>19</div> <div>Beef Hot Dog w/ Bun Roasted Yukon Potatoes Succotash</div>
<div>22</div> <div>Beef Lasagna Brussels Sprouts Italian Veg Blend Garlic Bread</div>	<div>23</div> <div>Indian Butter Cauliflower & Chickpeas White Rice Peas & Pearl Onions</div> <div></div>	<div>24</div> <div>BBQ Pulled Pork Sandwich Baked Beans Succotash</div>	<div>25</div> <div>Honey Mustard Chicken Over Herbed Wild Rice Northwest Veg Blend Brussels Sprouts Breadstick w/ Butter</div>	<div>26</div> <div>Veggie Burger w/ White Cheddar & Guac Roasted Redskin Potatoes Maple Spiced Pears</div> <div></div>
<div>29</div> <div>BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter</div>	<div>30</div> <div>Lasagna Roll Up w/ Roasted Red Pepper Sauce Parmesan Vegetable Casserole Peas & Carrots Mandarin Oranges in Jello</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

September 8 Teriyaki Turkey Rice Bowl Teriyaki-glazed turkey with sauteed vegetables and pineapple, served over brown rice for a delicious blend of sweet and savory flavors.	September 15 Southwest Turkey Rice Casserole Seasoned ground turkey with sauteed peppers, onions, black beans, and brown rice, simmered with salsa and tomatoes. Topped with cheddar cheese and sour cream.	September 16 Creamy Pesto Veg Tortellini Cheese tortellini tossed in a creamy Alfredo-pesto sauce with roasted asparagus, red bell peppers, onions and mushrooms.	September 29 BBQ Chicken Grain Bowl 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.
--	--	--	--

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD 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
1 CLOSED	2 NO DELIVERY	3 Taco Salad Tropical Fruit Cornbread	4 Tomato, Cucumber, & Spinach on Wheat w/ Herbed Cream Cheese Mixed Fruit Strawberry Chex Mix	5 Pesto Chickpea Veg Salad Vanilla Yogurt Fresh Cut Fruit Roll w/ Butter
8 Ham & Swiss on Wheat Carrot Raisin Salad Fresh Cut Fruit	9 Roast Beef & White Cheddar on Wheat Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	10 BBQ Chicken Salad w/ Guac Pineapple Slaw Mixed Fruit	11 Mediterranean Chickpea Salad Apricots Hummus & Pita Wedges	12 Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches
15 Tuna Pasta Salad Baby Carrots Tropical Fruit w/ Coconut	16 Southwest Chicken Salad Wrap Mexican Street Corn Salad Cinnamon Spiced Peaches	17 Turkey & Swiss on Wheat Bacon Pea Ranch Salad Fresh Cut Fruit	18 Peach, Blueberry, Almond Spinach Salad 3 Bean Salad Corn Muffin	19 Arugula Citrus Salad w/ Pecans Mixed Fruit Animal Crackers
22 Egg Salad on Wheat Broccoli Craisin Salad w/ Almonds Mixed Fruit	23 Chicken Salad on Wheat Kale Lemon Caesar Salad Tropical Fruit Baby Carrots	24 Beef & Bleu Cheese Salad Roasted Broccoli, Almond & Quinoa Salad Fresh Cut Fruit Blueberry Bites	25 Summer Cobb Salad w/ Guac Pears Mini Banana Nut Loaf	26 Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish
29 Grilled Salmon Salad Pineapple & Black Bean Salad Colby Cheese Stick Tortilla Scoops	30 Curried Chicken Salad w/ Almonds & Flatbread Creamy Cucumber & Chickpea Salad Tropical Fruit w/ Coconut			

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

September 5 Pesto Chickpea Veg Salad A refreshing mix of chickpeas, crisp asparagus, spinach and peas, tossed in a bright pesto-lemon dressing. Topped with a creamy goat cheese.	September 10 BBQ Chicken Salad w/ Guac 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.	September 12 Italian Tortellini Pasta Salad 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.	September 19 Arugula Citrus Salad w/ Pecans A fresh blend of baby arugula, quinoa and chickpeas, topped with sweet mandarin oranges, toasted pecans and feta. Served with a zesty citrus dressing.
---	--	---	--