

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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>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>Seared Cod w/ White Wine & Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter</div> <div></div> | <div>5</div> <div>Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn</div> |
| <div>8</div> <div>Lemon Ricotta Pasta Malibu Veg Blend Maple Spiced Pears</div> <div></div> | <div>9</div> <div>Summer Seafood & Potato Bake Green Beans Carrots</div> <div></div> | <div>10</div> <div>Quinoa & Veg Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick</div> <div></div> | <div>11</div> <div>Pineapple Bourbon Glazed Chicken Over Asian Rice Kyoto Vegetable Blend Peas</div> | <div>12</div> <div>Meatloaf Roasted Yukon Potatoes Brussels Sprouts Peach Fruit Cup</div> |
| <div>15</div> <div>Roasted Vegetable Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions</div> <div></div> | <div>16</div> <div>Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup</div> | <div>17</div> <div>Cheese Pizza Mixed Vegetables Maple Spiced Peaches</div> <div></div> | <div>18</div> <div>Turkey Burger w/ Swiss & Caramelized Onions Roasted Roma Tomatoes Succotash</div> | <div>19</div> <div>Honey Lime Chicken Thighs Over Coconut Rice Green Beans Carrots</div> |
| <div>22</div> <div>Pork Loin w/ Roasted Peach BBQ Sauce Over Mashed Redskin Potatoes Succotash Brussels Sprouts</div> | <div>23</div> <div>Sloppy Joe Roasted Yukon Potatoes Mixed Vegetables</div> | <div>24</div> <div>White Bean Chicken Chili Green Beans Brussels Sprouts Tortilla Chips</div> | <div>25</div> <div>Portobella Fajitas Seasoned Black Beans Corn</div> <div></div> | <div>26</div> <div>Potato Crusted Tilapia Lemon Herb Rice Peas & Carrots Roll w/ Butter</div> <div></div> |
| <div>29</div> <div>Veggie Cakes w/ Ranch Sauteed Super Greens & White Beans Country Apples</div> <div></div> | <div>30</div> <div>Bacon, Asparagus & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables</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 8</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>September 9</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>September 19</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>September 24</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> |
|--|---|---|---|

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD 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 |
|---|---|---|---|---|
| 1 CLOSED | 2 NO DELIVERY | 3 Taco Salad Tropical Fruit Cornbread | 4 Chicken Salad Wrap Honey Mustard Potato Salad Mixed Fruit | 5 Beet & Mandarin Orange Spring Mix Pears Blueberry Vanilla Bites  |
| 8 Greek Chicken & Grain Salad Broccoli & Carrots Roasted Red Pepper Hummus | 9 Roasted Veg w/ Herbed Ricotta on Wheat Watermelon White Cheddar Popcorn  | 10 Strawberry Pecan Salmon Salad Tropical Fruit w/ Coconut Nutrigrain Blueberry Cereal Bar  | 11 Beef & Summer Vegetable Salad Pesto Pasta Salad Mixed Fruit | 12 Superfood Salad w/ Almonds Pears Mini Blueberry Loaf  |
| 15 Summer Chicken BLT Salad Broccoli Craisin Salad w/ Almonds Fresh Cut Fruit Baby Carrots | 16 Black Bean Taco Dip w/ Tortilla Chips Roasted Sweet Potato, Corn & Black Bean Salad  | 17 Dilled Pasta Salad w/ Bay Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit  | 18 Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples | 19 Cottage Cheese & Pineapple Banana Muffin Trail Mix  |
| 22 Turkey & Swiss Wrap Kale Almond Salad Applesauce | 23 Mushroom, Egg, & Bacon Spinach Salad Chickpea & Kidney Bean Salad Pears Strawberry Chex Mix | 24 Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter  | 25 Tuna Salad Over Salad Greens Roasted Veg & White Beans Mixed Fruit Animal Crackers  | 26 Hummus Veggie on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn  |
| 29 Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers Clementine | 30 Steak, Blueberry & Pecan Spinach Salad Sliced Apples w/ PB Animal Crackers | | | |

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 Beet & Mandarin Orange Spring Mix A vibrant kale salad with sweet mandarin oranges, beets and chickpeas, topped with red onion and creamy goat cheese. Served with a raspberry vinaigrette. | September 8 Greek Chicken & Grain Salad 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. | September 16 Black Bean Taco Dip 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. | September 17 Dilled Pasta Salad w/ Bay Shrimp 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. |
|---|--|---|---|