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.

Sep 25	CANCEL MEALS		HOT MEALS				COLD MEALS			
	Cancel	Cancel			Low	Carb			Low	Carb
Service Date	Hot Meal	Cold Meal		Regular	Sodium	Control		Regular	Sodium	Control
Mon. 9/1/25				Lab	or Day - I	No Delive	erv			
Tue. 9/2/25		ı			· · · ·		,	•	ı	
Wed. 9/3/25										
Thu. 9/4/25										
Fri. 9/5/25										
Mon. 9/8/25										
Tue. 9/9/25										
Wed. 9/10/25										
Thu. 9/11/25										
Fri. 9/12/25										
Mon. 9/15/25				Ι		Ι		Ι		
Tue. 9/16/25										
Wed. 9/17/25										
Thu. 9/18/25										
Fri. 9/19/25										
Mon. 9/22/25										
Tue. 9/23/25										
Wed. 9/24/25										
Thu. 9/25/25										
Fri. 9/26/25				<u> </u>						
Mon. 9/29/25										
Tue. 9/30/25										