OCTOBER - 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



Roasted Roma Tomatoes Brussels Sprouts Sliced Apples w/ Peanut Butter Brussel Sprouts & Bacon Pesto Pasta Cinnamon Spiced Peaches Tortilla Chips Broccoli Applesauce Tortilla Chips Broccoli Applesauce Tortilla Chips Broccoli Applesauce Tortilla Chips Spinach & Artichoke Stuffed Pears White Bean & Tomatoes & White Bean & Green Beans Roll w/ Butter Spinach & Artichoke Stuffed Popter Mexican Roasted Sweet Potatoes Tortilla Chips Broccoli Applesauce Tortilla Chips Spinach & Artichoke Stuffed Portobello White Bean & Tomato Ragout Maple Spiced Pears Tortilla Chips Broccoli Applesauce Tortilla Chips Beef Stroganoff Mixed Vegetables Cauliflower Broccoli Applesauce Tortilla Chips Beach Mash Vegetables Cauliflower Tortilla Chips Beach Mash Vegetables Cauliflower Tortilla Chips Beach Mash Vegetables Cauliflower Baba Cheesy Tomatoes & White Bean & Tomato Ragout Mixed Vegetables Sauteed Super Greens Siliced Apples Tortilla Chips Beach menu, but occasionally to circumstances beyonce control. Beach mean Sproted Peaches Cauliflower Beach menu, but occasionally to circumstances beyonce control. Beach mean Sproted Cheeke Cheeke Cheeke Cheeke Cauliflower Beach mean Sproted Cheekee Chee	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Brussel Sprouts & Bacon Pesto Pasta Pasta Peas Clinnamon Spiced Peaches 13			Roasted Roma Tomatoes Brussels Sprouts Sliced Apples w/	Italian Vegetable Blend	Squash Bake Cheesy Tomatoes & White Bean Green Beans	to circumstances beyond
Peas Cinnamon Spiced Peaches Tortilla Chips Broccoli Applesauce	6 Brussel Sprouts & Bacon Pesto	7 Turkey Taco Stuffed Pepper	8 Veggie Burger w/ Cheddar,	9 Spinach & Artichoke Stuffed		
Cinnamon Spiced Peaches 13	Pasta	Mexican Roasted Sweet Potatoes	Peppers & Onions	Portobello	Mixed Vegetables	
Applesauce Authoroom Stuffed Authoroom Sumson Spiced Peaches Authoroom Authoroom Applesauce Authoroom Authoroom Applesauce Applesauch Authoroom Authoroom	Peas	Tortilla Chips	Broccoli	White Bean & Tomato Ragout	Cauliflower	Each moal comes with w
Swedish Turkey Meatballs Swiss Steak w/ Gravy Over Egg Noodles Brussels Sprouts Green Beans Carrots Cauliflower Mixed Fruit Cup 20 Shepherds Pie Green Beans Mixed Vegetables Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa w/ Tomatoes & Brussels Sprouts Brussels Sprouts Mixed Vegetables Mixed Vegetables Are revegetarian. Meatloaf Squash Bake Cheesy Tomatoes & White Bean Contain seafood/fish Contain seafood/fish	Cinnamon Spiced Peaches		Applesauce	Maple Spiced Pears		selection of drink: Skim mi
Sweidish Turkey Meatballs Over Egg Noodles Brussels Sprouts Cauliflower Mixed Fruit Cup 20 Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetables Mixed Pork Kersey Mashed Yukon Potatoes Pork W/ Herbed Pork Gravy Mashed Yukon Potatoes Peas Peas Expression of Mushroom Brown Rice Carrots Suncchash Succotash Expression of Sauce Succotash Expression of Sauce Succotash Expression of Sauce Mixed Vegetables Suiced Apples Meals marked with this sy are vegetarian. Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa w/ Tomatoes & Basil Baked Pears Ameals marked with this sy are vegetarian. Meals marked with this sy Baked Pears Meals marked with this sy Brussels Sprouts Meals marked with this sy Carrots Meals marked with this sy Carrots Meals marked with this sy Carrots Meals marked with this sy Cheesy Tomatoes & White Bean Cheesy Tomatoes & White Bean Contain seafood/fish Contain seafood/fish	13	14	15	16	17	,
Brussels Sprouts Cauliflower Mixed Fruit Cup 20 21 22 23 Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetables Mixed Vegetables Sliced Apples Mushroom & Swiss Quiche Herb Roasted Redskin Potatoes Roll w/ Butter 22 Shepherds Pie Green Beans Mixed Vegetables Mishroom & Swiss Quiche Herb Roasted Redskin Potatoes Mixed Vegetables Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa w/ Tomatoes & Basil Baked Pears 27 Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas Peas Peas Green Beans Carrots Succotash Herb Roasted Redskin Potatoes Mixed Vegetables Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa w/ Tomatoes & Basil Baked Pears Meatloaf Italian Vegetable Blend Squash Bake Cheesy Tomatoes & White Bean Green Beans Meals marked with this sy Meals marked with this sy Meals marked with this sy Contain seafood/fish Contain seafood/fish	Swedish Turkey Meatballs	Swiss Steak w/ Gravy	Spinach & Mushroom Stuffed	Chicken Tex-Mex Casserole	BBQ Pork Loin w/ Peach BBQ	orange juice, apple juic
Cauliflower Mixed Fruit Cup 20 21 22 23 24 Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetables Malibu Vegetable Blend Clementine 27 Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas Peas Peas Peas Pas Port W Mushroom Brown Rice Peas Peas Peas Peas Pixed P	Over Egg Noodles	Whipped Parsnips	Shells	Sauteed Super Greens	Sauce	
Mixed Fruit Cup Roll w/ Butter Sliced Apples Sliced Apples	Brussels Sprouts	Green Beans		Succotash	Herb Roasted Redskin Potatoes	
Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetables Alignment Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas Peas Carrots Alignment Power Spinach w/ Lemon Mushroom Quinoa Patty w/ Swiss Peas Carrots Carr	Cauliflower		Cinnamon Spiced Peaches		Mixed Vegetables	(V)
Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetables Malibu Vegetable Blend Clementine 27 Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas Peas Peas Peas Peas Peas Peas P	Mixed Fruit Cup		Roll w/ Butter		Sliced Apples	
Roasted Yukon Potatoes Mixed Vegetables Green Beans Malibu Vegetable Blend Clementine Carrots Basil Baked Pears Tilapia Over Spinach w/ Lemon Mashed Yukon Potatoes Peas Peas Butter Sauce Creamy Mushroom Brown Rice Carrots Brussel Sprouts Meals marked with this sy Contain seafood/fish Whipped Cauliflower Whipped Cauliflower FRIDAY Peas & Pearl Onions Brussels Sprouts Brussels Sprouts Meals marked with this sy Contain seafood/fish Green Beans FRIDAY Peas & Pearl Onions Brussels Sprouts Brussels Sprouts Meatloaf Italian Vegetable Blend Whipped Cauliflower Cheesy Tomatoes & White Bean Green Beans	20	21	22	23	24	Meals marked with this sy
Mixed Vegetables Malibu Vegetable Blend Clementine Carrots Italian Quinoa w/ Tomatoes & Basil Baked Pears Peas & Pearl Onions Brussels Sprouts Tilapia Over Spinach w/ Lemon Butter Sauce Peas Peas Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussel Sprouts Meatloaf Italian Vegetable Blend Whipped Cauliflower Meals marked with this sy Contain seafood/fish Carrots Meals marked with this sy Contain seafood/fish Carrots Meals marked with this sy Contain seafood/fish Carrots Mixed Vegetable Blend Brussel Sprouts Sliced Apples w/ Meals marked with this sy Contain seafood/fish Carrots Meals marked with this sy Contain seafood/fish Carrots	Turkey Meatloaf	Shepherds Pie	Mushroom & Swiss Quiche	Spinach & Artichoke Spaghetti	Balsamic Glazed Salmon Over	are vegetarian.
Clementine 27 28 28 29 30 31 Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas Basil Baked Pears 30 Brussels Sprouts Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussel Sprouts Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussel Sprouts Whipped Cauliflower Carrots Brussels Sprouts Broccoli Cheddar Spaghetti Squash Bake Cheesy Tomatoes & White Bean Green Beans	Roasted Yukon Potatoes	Green Beans	Herb Roasted Redskin Potatoes	Squash Casserole	FRIDAY	
27 28 29 30 31 Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas Peas Carrots Baked Pears Baked Pears Mushroom Quinoa Patty w/ Swiss Meatloaf Italian Vegetable Blend Whipped Cauliflower Whipped Cauliflower Baked Pears Measted Roas Meatloaf Italian Vegetable Blend Whipped Cauliflower Cheesy Tomatoes & White Bean Green Beans Contain seafood/fish	Mixed Vegetables	Malibu Vegetable Blend	Carrots	Italian Quinoa w/ Tomatoes &	Peas & Pearl Onions	
Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas Tilapia Over Spinach w/ Lemon Butter Sauce Creamy Mushroom Brown Rice Carrots Butter Sauce Carrots Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussel Sprouts Brussel Sprouts Cheesy Tomatoes & White Bean Green Beans Meatloaf Italian Vegetable Blend Whipped Cauliflower Green Beans Meals marked with this sy Cheesy Tomatoes & White Bean Green Beans		Clementine			Brussels Sprouts	
Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas Tilapia Over Spinach w/ Lemon Butter Sauce Creamy Mushroom Brown Rice Carrots Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussel Sprouts Sliced Apples w/ Swiss Roasted Roma Tomatoes Brussel Sprouts Sliced Apples w/ Swiss Roasted Roma Tomatoes Whipped Cauliflower Whipped Cauliflower Green Beans Broccoli Cheddar Spaghetti Squash Bake Cheesy Tomatoes & White Bean Green Beans	27		•			
Mashed Yukon Potatoes Peas Butter Sauce Creamy Mushroom Brown Rice Carrots Roasted Roma Tomatoes Brussel Sprouts Sliced Apples w/ Roasted Roma Tomatoes Brussel Sprouts Sliced Apples w/ Roasted Roma Tomatoes Brussel Sprouts Sliced Apples w/ Whipped Cauliflower Green Beans Meals marked with this sy contain seafood/fish					~ =	
Peas Creamy Mushroom Brown Rice Carrots Sliced Apples w/ Whipped Cauliflower Cheesy Tomatoes & White Bean Green Beans Contain seafood/fish	•	· · · · · · · · · · · · · · · · · · ·	• •			
Carrots Sliced Apples w/ Green Beans				C	•	-
(V)	Peas	·	·	whipped Cauliflower	•	contain seatood/fish.
Peanut Butter Roll w/ Butter		Carrots			(\/)	
		<u> </u>	Peanut Butter		Koll w/ Butter	

ide to lected there rved due nd our

your milk, 2% milk, uice.

symbol

symbol

HIGHLIGHTING MENU ITEMS

OCTOBER 3	OCTOBER 7	OCTOBER 17	OCTOBER 21
Broccoli Cheddar Spaghetti Squash	Turkey Taco Stuffed Pepper	BBQ Pork Loin w/ Peach BBQ Sauce	Shepherds Pie
Broccoli cheddar sauce blended	Fresh green pepper filled to the	Two pork loin slices topped with a	Savory and traditional beef mixture
together with fresh spaghetti	brim with heaping scoops of a	house blended BBQ Sauce using	that consists of diced carrots,
squash, broccoli, and topped	turkey taco filling. Topped with	caramelized peaches.	celery, onions, and peas, topped
with fried onions.	shredded cheddar and served		with a delicious layer of cheesy
	with sour cream on the side.		mashed potatoes.
			•

OCTOBER - COLD 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	
		Roast Beef & Cheddar Sandwich Chickpea & Kale Crunch Salad Applesauce	Shrimp Caesar Salad Tuscan White Beal Salad Fresh Cut Fruit	Turkey & Swiss on a Croissant Bacon Pea Ranch Salad Pears	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
6 Autumn Caesar Salad	7 Tuna Pasta Salad	Roasted Vegetable & Chicken	9 Roast Beef w/ Cheddar &	10 Black Bean Taco Dip	control.
Sliced Apples Garlic Bread	Creamy Cucumber, Tomato & Chickpea Salad	Salad Tropical Fruit	Horseradish Aioli Sandwich Kale Lemon Parmesan Salad	Mexican Zucchini Salad Clementine	
	Clementine	Pita Bread	Sliced Apples w/ Peanut Butter	Tortilla Chips	Each meal comes with your selection of drink: Skim milk, 2%
Veggie Sandwich w/ Roasted Red Pepper & Feta Spread Hard Boiled Eggs Fresh Cut Fruit	Tuna Salad w/ Provolone Sandwich Baby Carrots w/ Ranch Tropical Fruit	BLT Chicken Salad Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	Southwest Salad w/ Beef Peaches Fritos	Beet,Almond, Arugula & Feta Salad Pears Blueberry Loaf	milk, low-fat chocolate milk, orange juice, apple juice.
20		Calman Cabb Calad	Z3	24	
Greek Dip w/ Hummus, Carrots & Broccoli Pita Chips	Pear, Bacon, Pecan & Goat Cheese Salad Fresh Cut Fruit	Salmon Cobb Salad 3 Bean Salad Clementine	Turkey Salad w/ Craisins & Pecans Sandwich Tomato Wedges	Black Bean Taco Salad Tropical Fruit Guacamole	Meals marked with this symbol are vegetarian.
Tita Chips	Roll w/ Butter	Roll w/ Butter	Pears	Guacamole	
27	28	29	30	31	
5 Bean Salad Over Romaine Cheddar Cheese Cubes Peaches Wheat Crackers	Chicken Bacon Ranch Wrap Herby Cauliflower & Chickpea Salad Sliced Apples	Roast Beef & Cheddar Sandwich Chickpea & Kale Crunch Salad Applesauce	Shrimp Caesar Salad Tuscan White Beal Salad Fresh Cut Fruit	Turkey & Swiss on a Croissant Bacon Pea Ranch Salad Pears	Meals marked with this symbol contain seafood/fish.

HIGHLIGHTING MENU ITEMS

OCTOBER 8	OCTOBER 10	OCTOBER 13	OCTOBER 16
Roasted Vegetable & Chicken Salad	Mexican Zucchini Salad	Roasted Veggie Sandwich	Southwest Salad w/ Beef
A bed of spinach topped with a	Fresh zucchini roasted dressed	Build your own beautiful sandwich	Fresh Romaine lettuce topped with
delicious chickpea and roasted	with garlic, lime, chili powder, &	with roasted zucchini, yellow	a house made black bean and corn
vegetable mixture accompanied	cumin. It is then tossed with	squash, & red onion served with	salsa, ground beef, and topped
with small diced chicken, and	cotija cheese and fresh cilantro.	fresh spinach, wheat bread, and a	with shredded cheese and ranch
finished with feta cheese	Zucchini never tasted	roasted red pepper & feta cheese	on the side.
crumbles.	soooooooo good!	spread.	