

NAME _____

SourcePoint Meals on Wheels Program

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> <div>Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussels Sprouts Sliced Apples w/ Peanut Butter</div> <div></div>	<div>2</div> <div>Meatloaf Italian Vegetable Blend Whipped Cauliflower</div> <div></div>	<div>3</div> <div>Broccoli Cheddar Spaghetti Squash Bake Cheesy Tomatoes & White Bean Green Beans Roll w/ Butter</div> <div></div>
<div>6</div> <div>Brussel Sprouts & Bacon Pesto Pasta Peas Cinnamon Spiced Peaches</div> <div></div>	<div>7</div> <div>Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potatoes Tortilla Chips</div> <div></div>	<div>8</div> <div>Veggie Burger w/ Cheddar, Peppers & Onions Broccoli Applesauce</div> <div></div>	<div>9</div> <div>Spinach & Artichoke Stuffed Portobello White Bean & Tomato Ragout Maple Spiced Pears</div> <div></div>	<div>10</div> <div>Beef Stroganoff Mixed Vegetables Cauliflower</div> <div></div>
<div>13</div> <div>Swedish Turkey Meatballs Over Egg Noodles Brussels Sprouts Cauliflower Mixed Fruit Cup</div> <div></div>	<div>14</div> <div>Swiss Steak w/ Gravy Whipped Parsnips Green Beans</div> <div></div>	<div>15</div> <div>Spinach & Mushroom Stuffed Shells Carrots Cinnamon Spiced Peaches Roll w/ Butter</div> <div></div>	<div>16</div> <div>Chicken Tex-Mex Casserole Sauteed Super Greens Succotash</div> <div></div>	<div>17</div> <div>BBQ Pork Loin w/ Peach BBQ Sauce Herb Roasted Redskin Potatoes Mixed Vegetables Sliced Apples</div> <div></div>
<div>20</div> <div>Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetables</div> <div></div>	<div>21</div> <div>Shepherds Pie Green Beans Malibu Vegetable Blend Clementine</div> <div></div>	<div>22</div> <div>Mushroom & Swiss Quiche Herb Roasted Redskin Potatoes Carrots</div> <div></div>	<div>23</div> <div>Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa w/ Tomatoes & Basil Baked Pears</div> <div></div>	<div>24</div> <div>Balsamic Glazed Salmon Over FRIDAY Peas & Pearl Onions Brussels Sprouts</div> <div></div>
<div>27</div> <div>Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas</div> <div></div>	<div>28</div> <div>Tilapia Over Spinach w/ Lemon Butter Sauce Creamy Mushroom Brown Rice Carrots</div> <div></div>	<div>29</div> <div>Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussel Sprouts Sliced Apples w/ Peanut Butter</div> <div></div>	<div>30</div> <div>Meatloaf Italian Vegetable Blend Whipped Cauliflower</div> <div></div>	<div>31</div> <div>Broccoli Cheddar Spaghetti Squash Bake Cheesy Tomatoes & White Bean Green Beans Roll w/ Butter</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>OCTOBER 3</div> <div>Broccoli Cheddar Spaghetti Squash Broccoli cheddar sauce blended together with fresh spaghetti squash, broccoli, and topped with fried onions.</div>	<div>OCTOBER 7</div> <div>Turkey Taco Stuffed Pepper Fresh green pepper filled to the brim with heaping scoops of a turkey taco filling. Topped with shredded cheddar and served with sour cream on the side.</div>	<div>OCTOBER 17</div> <div>BBQ Pork Loin w/ Peach BBQ Sauce Two pork loin slices topped with a house blended BBQ Sauce using caramelized peaches.</div>	<div>OCTOBER 21</div> <div>Shepherds Pie Savory and traditional beef mixture that consists of diced carrots, celery, onions, and peas, topped with a delicious layer of cheesy mashed potatoes.</div>
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OCTOBER - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Roast Beef & Cheddar Sandwich Chickpea & Kale Crunch Salad Applesauce	2 Shrimp Caesar Salad Tuscan White Beal Salad Fresh Cut Fruit	3 Turkey & Swiss on a Croissant Bacon Pea Ranch Salad Pears
6 Autumn Caesar Salad Sliced Apples Garlic Bread	7 Tuna Pasta Salad Creamy Cucumber, Tomato & Chickpea Salad Clementine	8 Roasted Vegetable & Chicken Salad Tropical Fruit Pita Bread	9 Roast Beef w/ Cheddar & Horseradish Aioli Sandwich Kale Lemon Parmesan Salad Sliced Apples w/ Peanut Butter	10 Black Bean Taco Dip Mexican Zucchini Salad Clementine Tortilla Chips
13 Veggie Sandwich w/ Roasted Red Pepper & Feta Spread Hard Boiled Eggs Fresh Cut Fruit	14 Tuna Salad w/ Provolone Sandwich Baby Carrots w/ Ranch Tropical Fruit	15 BLT Chicken Salad Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	16 Southwest Salad w/ Beef Peaches Fritos	17 Beet,Almond, Arugula & Feta Salad Pears Blueberry Loaf
20 Greek Dip w/ Hummus, Carrots & Broccoli Pita Chips	21 Pear, Bacon, Pecan & Goat Cheese Salad Fresh Cut Fruit Roll w/ Butter	22 Salmon Cobb Salad 3 Bean Salad Clementine Roll w/ Butter	23 Turkey Salad w/ Craisins & Pecans Sandwich Tomato Wedges Pears	24 Black Bean Taco Salad Tropical Fruit Guacamole
27 5 Bean Salad Over Romaine Cheddar Cheese Cubes Peaches Wheat Crackers	28 Chicken Bacon Ranch Wrap Herby Cauliflower & Chickpea Salad Sliced Apples	29 Roast Beef & Cheddar Sandwich Chickpea & Kale Crunch Salad Applesauce	30 Shrimp Caesar Salad Tuscan White Beal Salad Fresh Cut Fruit	31 Turkey & Swiss on a Croissant Bacon Pea Ranch Salad Pears

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HIGHLIGHTING MENU ITEMS

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