

NAME _____

SourcePoint Meals on Wheels Program

OCTOBER - 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>Veggie Burrito Bowl Cinnamon Spiced Peaches</div> <div></div>	<div>2</div> <div>Turkey Over Cranberry Apple Cider Cornbread Stuffing w/ Gravy Succotash Green Beans</div>	<div>3</div> <div>Salmon Croquette Baby Bakers Mixed Vegetables</div> <div></div>
<div>6</div> <div>Philly Sandwich Herb Roasted Redskin Potatoes Succotash</div>	<div>7</div> <div>Veggie Burger w/ Cheddar & Guacamole Roasted Yukon Potatoes California Vegetable Blend</div> <div></div>	<div>8</div> <div>Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup</div> <div></div>	<div>9</div> <div>Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches</div>	<div>10</div> <div>Creamy Tortellini w/ Bacon, Mushrooms & Peas Green Beans Malibu Vegetable Blend</div>
<div>13</div> <div>Kielbasa Over Cabbage Potatoes O'Brien Carrots</div>	<div>14</div> <div>White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables</div> <div></div>	<div>15</div> <div>Tuscan Shrimp Over Wild Rice Italian Vegetable Blend Mixed Fruit Cup</div> <div></div>	<div>16</div> <div>Turkey Pot Pie w/ Biscuit Green Beans Broccoli Sliced Apples</div>	<div>17</div> <div>Meatball Sub Malibu Vegetable Blend Baked Pears</div>
<div>20</div> <div>Root Beer Braised Pork Mashed Yukon Potatoes Mixed Vegetables Maple Spiced Peaches</div>	<div>21</div> <div>Tuscan White Bean, Kale & Sundried Tomato Bake Country Apples Malibu Vegetable Blend Garlic Bread</div> <div></div>	<div>22</div> <div>Thai Peanut Chicken over Brown Rice Far East Vegetable Blend Kyoto Vegetable Blend</div>	<div>23</div> <div>Stuffed Cabbage Roll Roasted Redskin Potatoes Carrots Roll w/ Butter</div>	<div>24</div> <div>Turkey Burger w/ Peppers, Onions & Smoked Gouda Roasted Sweet Potato, Corn & Black Beans Roasted Roma Potatoes</div>
<div>27</div> <div>Meatloaf Sandwich Roasted Yukon Potatoes Peas & Pearl Onions</div>	<div>28</div> <div>Creamy Sundried Tomato Pasta Sauteed Mushrooms, Onions & Green Beans Malibu Vegetable Blend Mixed Fruit Cup</div> <div></div>	<div>29</div> <div>Veggie Burrito Bowl Cinnamon Spiced Peaches</div> <div></div>	<div>30</div> <div>Turkey Over Cranberry Apple Cider Cornbread Stuffing w/ Gravy Succotash Green Beans</div>	<div>31</div> <div>Salmon Croquette Baby Bakers Mixed Vegetables</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





OCTOBER 2 Turkey w/ Stuffing & Gravy Cranberry, apple cider stuffing topped with sliced roasted turkey breast, covered in a delicious poultry gravy	OCTOBER 9 Turkey Chili Stuffed Sweet Potato A fresh baked sweet potato loaded with a house made chili made of seasoned ground turkey, onions, peppers, and topped with shredded cheddar and sour cream.	OCTOBER 16 Turkey Pot Pie w/ Biscuit Fresh Carrots, onions, and celery cooked tender and mixed with turkey and a creamy poultry gravy, served with a fresh baked biscuit.	
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SourcePoint Meals on Wheels Program

OCTOBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 		1 Pesto Tortellini Pasta Salad w/ Pepperoni Sundried Tomato, White Bean & Arugula Salad Mixed Fruit	2 Garden Salad Cottage Cheese Pears Apple Cinnamon Muffin 	3 Pecan Chicken Salad Wrap Honey Mustard Potato Salad Carrot Raisin Salad
6 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Parmesan Salad Fresh Cut Fruit	7 Roast Beef & Cheddar Sandwich Broccoli Craisin Salad with Almonds Tropical Fruit	8 Turkey Club Sandwich Potato Salad Mixed Fruit	9 Roasted Brussel Sprouts, Quinoa & Almond Salad Baby Carrots Applesauce 	10 Grilled Salmon Salad Dilled Pasta Salad Pears Roll w/ Butter 
13 Autumn Salad w/ Beets, Butternut Squash & Pecans Pears Roll w/ Butter 	14 Chicken Caesar Salad Wrap 3 Bean Salad Mixed Fruit	15 Roast Beef, Cheddar & Arugula Sandwich Bacon Pea Ranch Salad Strawberry Applesauce	16 Calico Salad w/ Sunflower Seeds Fresh Cut Fruit Cornbread 	17 Tuna Salad & Provolone Sandwich Creamy Cucumber & Chickpea Salad  Tropical Fruit
20 Cranberry, Quinoa, Pecans & Kale Salad Chickpea & Kidney Bean Salad Mandarin Oranges 	21 Citrus Chicken & Almonds Salad on Croissant Harvest Slaw w/ Apples, Craisins & Sunflower Seeds Tropical Fruit	22 Steak Greek Salad Apricots Pita Bread	23 Egg Salad Sandwich 3 Bean Salad Fruit Salad 	24 BLT Sandwich Coleslaw Mixed Fruit White Cheddar Popcorn
27 Turkey & Swiss Sandwich Sweet Potato & Kale Salad Applesauce	28 Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit Tortilla Chips	29 Pesto Tortellini Pasta Salad w/ Pepperoni Sundried Tomato, White Bean & Arugula Salad Mixed Fruit	30 Garden Salad Cottage Cheese Pears Apple Cinnamon Muffin 	31 Pecan Chicken Salad Wrap Honey Mustard Potato Salad Carrot Raisin Salad

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HIGHLIGHTING MENU ITEMS

OCTOBER 3 Pecan Chicken Salad Wrap A Fall twist on chicken salad with cranberries and pecans blended together and served with a tortilla wrap.	OCTOBER 13 Autumn Salad Roasted butternut squash mixed with beets and garbanzo beans served atop a bed of mixed greens. Topped with toasted pecans and goat cheese. 	OCTOBER 16 Calico Salad A colorful winter salad consisting of broccoli, cauliflower, grape tomatoes, red peppers, chickpeas, & sunflower seeds. Served with buttermilk ranch dressing.	OCTOBER 20 Cranberry, Quinoa, Pecan Salad Fresh kale with cranberries, pecans, and quinoa tossed together and topped with goat cheese along with a raspberry vinaigrette dressing to create the perfect fall salad.
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