

NAME _____

SourcePoint Meals on Wheels Program

OCTOBER - 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
		1 Honey Mustard Chicken Over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup	2 Pesto, Vegetable & Spaghetti Squash Bake Creamy Italian Stewed Chickpeas Cauliflower Breadstick w/ Butter	3 Johnny Marzetti Brussels Sprouts California Vegetable Blend
6 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peach Cup	7 Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Baked Pears w/ Granola Nutrigrain Blueberry Cereal Bar	8 Burger w/ Swiss & LTO Roasted Yukon Potatoes Corn	9 Salmon Patty w/ Lemon Cream Sauce Herb Roasted Redskin Potatoes Mixed Vegetables Tropical Fruit Cup	10 Chicken Wild Rice Casserole Peas & Pearl Onions Sliced Apples Corn Muffin
13 Meatloaf Roasted Redskin Potatoes Broccoli Pear Cup Roll w/ Butter	14 Roasted Turkey w/ Gravy Whipped Sweet Potatoes Mixed Vegetables	15 Southwest Stuffed Pepper Brussels Sprouts Cinnamon Spiced Peaches Cornbread	16 Lasagna Roll Up w/ Creamy Butternut Squash Sauce Green Beans Broccoli Clementine	17 Cheesy Chicken Broccoli Mushroom Rice Casserole Carrots Peas
20 Baked Spaghetti w/ Mini Meatballs Peas & Carrots Sauteed Mushrooms, Onions & Green Beans	21 Orange Glazed Tilapia Over Brown Rice Whipped Cauliflower Carrots Peach Cup	22 Pork w/ Cider Dijon Cream Sauce Roasted Yukon Potatoes Mixed Vegetables	23 Chickpeas & Roasted Vegetable Honey Mustard Bowl Roasted Root Vegetables Spiced Pears	24 Spinach & Artichoke Chicken Mashed Redskin Potatoes Lima Beans
27 Vegetable Bean Chili Green Beans Cinnamon Spiced Peaches Cornbread	28 Potato Crusted Tilapia Over Lemon Herb Wild Rice Broccoli Mixed Vegetable Casserole	29 Honey Mustard Chicken Over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup	30 Pesto, Vegetable & Spaghetti Squash Bake Creamy Italian Stewed Chickpeas Cauliflower Breadstick w/ Butter	31 Johnny Marzetti Brussels Sprouts California Vegetable Blend

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 Pesto Veg & Spaghetti Squash Bake Roasted spaghetti squash mixed with sautéed vegetables and fresh pesto, topped with shredded mozzarella for a light, delicious dish.	OCTOBER 16 Lasagna Roll Up w/ Butternut Squash Smooth butternut squash and sage sauce blended with cream and parmesan, served over lasagna roll-ups and topped with additional parmesan.	OCTOBER 22 Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider-Dijon sauce.	OCTOBER 23 Chickpea & Veggie HM Bowl Roasted Brussels sprouts, broccoli, & sweet potatoes with garlic herb seasoning. Served on top of wild rice with garbanzo beans. Honey mustard dressing served on the side.
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SourcePoint Meals on Wheels Program

OCTOBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey & Swiss Wrap Kale Almond Salad Applesauce	2 Roasted Red Pepper & Arugula Sandwich w/ Carmelized Onion Bacon Jam Roasted Veggies & White Beans Clementine	3 Autumn Roasted Vegetable Salad Mixed Fruit
6 Turkey & Cranberry Wrap Kale, Sweet Potato & Quinoa Salad Sliced Apples	7 Hearty Fall Rainbow Salad w/ Cashews Fruit Salad Banana Bread Loaf	8 Harvest Farro Salad w/ Roasted Vegetables, Cranberries, Crumbled Cheese & Pecans Pears	9 Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	10 Garden Vegetable Chickpea Salad Sandwich Vanilla Yogurt Strawberry Chex Mix
13 Honey Mustard Chicken Wrap Kale Almond Salad Peaches	14 Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut	15 Cranberry Pecan Harvest Salad w/ Turkey Pears Apple Cinnamon Muffin	16 Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix	17 Roasted Veggie Hummus Dip Apricots Pita Wedges
20 Italian Chicken Wrap Roasted Vegetable Pesto Salad Pears	21 Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Blueberry Vanilla Bites	22 Uncrustable PB&J Sandwich Carrots & Broccoli w/ Ranch Fresh Cut Fruit	23 Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Sliced Apples w/ Peanut Butter	24 Superfood Salad w/ Almonds Mixed Fruit Blueberry Muffin
27 Chicken Salad Over Greens Vegetable Quinoa Salad Tropical Fruit Strawberry Chex Mix	28 Wild Rice, Butternut Squash, Craisin & Pecan Salad 3 Bean Salad Pears	29 Turkey & Swiss Wrap Kale Almond Salad Applesauce	30 Roasted Red Pepper & Arugula Sandwich w/ Carmelized Onion Bacon Jam Roasted Veggies & White Beans Clementine	31 Autumn Roasted Vegetable Salad Mixed Fruit

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HIGHLIGHTING MENU ITEMS

OCTOBER 6 Turkey & Cranberry Wrap House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	OCTOBER 7 Hearty Fall Rainbow Salad A delicious entrée salad consisting of broccoli, cauliflower, yellow & red peppers, kale, & garbanzo beans served on top of a bed of romaine. Then topped with cashews & goat cheese.	OCTOBER 8 Harvest Farro Salad Ancient grain Farro, roasted Brussels sprouts, root vegetables, kale, pecans, & dried cranberries tossed together, topped w/ goat cheese, served w/ balsamic dressing on the side.	OCTOBER 21 Roasted Veggie Couscous Salad A colorful salad of couscous mixed with onion, red peppers, zucchini, and yellow squash. It is then tossed in a dressing of lemon vinaigrette & vegetarian Caesar dressing.
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