

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

NOVEMBER - 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>3</div> <div>Brussel Sprouts &amp; Bacon<br/>Pesto Pasta<br/>Peas<br/>Cinnamon Spiced Peaches</div>                        | <div>4</div> <div>Turkey Taco Stuffed Pepper<br/>Mexican Roasted Sweet Potatoe<br/>Tortilla Chips</div>                        | <div>5</div> <div>Veggie Burger w/ Cheddar,<br/>Peppers &amp; Onions<br/>Broccoli<br/>Applesauce</div> <div></div>                                       | <div>6</div> <div>Spinach &amp; Artichoke Stuffed<br/>Portobello<br/>White Bean &amp; Tomato Ragout<br/>Maple Spiced Pears</div> <div></div>               | <div>7</div> <div>Beef Stroganoff<br/>Mixed Vegetables<br/>Cauliflower</div>                                                                     |
| <div>10</div> <div>Swedish Turkey Meatballs<br/>Over Egg Noodles<br/>Brussels Sprouts<br/>Cauliflower<br/>Mixed Fruit Cup</div> | <div>11</div> <div>Swiss Steak w/ Gravy<br/>Whipped Parsnips<br/>Green Beans</div>                                             | <div>12</div> <div>Spinach &amp; Mushroom Stuffed<br/>Shells<br/>Carrots<br/>Cinnamon Spiced Peaches<br/>Roll w/ Butter</div> <div></div>                | <div>13</div> <div>Chicken Tex-Mex Casserole<br/>Sauteed Super Greens<br/>Succotash</div>                                                                  | <div>14</div> <div>BBQ Pork Loin w/ Peach BBQ<br/>Sauce<br/>Herb Roasted Redskin Potatoes<br/>Mixed Vegetables<br/>Sliced Apples</div>           |
| <div>17</div> <div>Turkey Meatloaf<br/>Roasted Yukon Potatoes<br/>Mixed Vegetables</div>                                        | <div>18</div> <div>Shepherds Pie<br/>Green Beans<br/>Malibu Vegetable Blend<br/>Clementine</div>                               | <div>19</div> <div>Mushroom &amp; Swiss Quiche<br/>Herb Roasted Redskin Potatoes<br/>Carrots</div> <div></div>                                           | <div>20</div> <div>Spinach &amp; Artichoke Spaghetti<br/>Squash Casserole<br/>Italian Quinoa w/ Tomatoes &amp;<br/>Basil<br/>Baked Pears</div> <div></div> | <div>21</div> <div>Balsamic Glazed Salmon Over<br/>Creamy Mushroom Brown Rice<br/>Peas &amp; Pearl Onions<br/>Brussels Sprouts</div> <div></div> |
| <div>24</div> <div>Pork w/ Herbed Pork Gravy<br/>Mashed Yukon Potatoes<br/>Peas</div>                                           | <div>25</div> <div>Tilapia Over Spinach w/ Lemon<br/>Butter Sauce<br/>Creamy Mushroom Brown Rice<br/>Carrots</div> <div></div> | <div>26</div> <div>Mushroom Quinoa Patty w/ Swiss<br/>Roasted Roma Tomatoes<br/>Brussel Sprouts<br/>Sliced Apples w/<br/>Peanut Butter</div> <div></div> | <div>27</div> <div>CLOSED</div>                                                                                                                            | <div>28</div> <div>CLOSED</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

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| <b>NOVEMBER 4</b><br>Turkey Taco Stuffed Pepper<br>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. | <b>NOVEMBER 14</b><br>BBQ Pork Loin w/ Peach BBQ Sauce<br>Two pork loin slices topped with a house blended BBQ Sauce using caramelized peaches. | <b>NOVEMBER 18</b><br>Shepherds Pie<br>Savory and traditional beef mixture that consists of diced carrots, celery, onions, and peas, topped with a delicious layer of cheesy mashed potatoes. |
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NOVEMBER - COLD CARB CONTROL

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| MONDAY                                                                                                                                    | TUESDAY                                                                                                                        | WEDNESDAY                                                                                                                                        | THURSDAY                                                                                                                                                        | FRIDAY                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <div>3</div> <div>Autumn Caesar Salad<br/>Sliced Apples<br/>Garlic Bread</div> <div></div>                                                | <div>4</div> <div>Tuna Pasta Salad<br/>Creamy Cucumber, Tomato &amp;<br/>Chickpea Salad<br/>Clementine</div> <div></div>       | <div>5</div> <div>Roasted Vegetable &amp; Chicken<br/>Salad<br/>Tropical Fruit<br/>Pita Bread</div> <div></div>                                  | <div>6</div> <div>Roast Beef w/ Cheddar &amp;<br/>Horseradish Aioli Sandwich<br/>Kale Lemon Parmesan Salad<br/>Sliced Apples w/ Peanut Butter</div> <div></div> | <div>7</div> <div>Black Bean Taco Dip<br/>Mexican Zucchini Salad<br/>Clementine<br/>Tortilla Chips</div> <div></div> |
| <div>10</div> <div>Veggie Sandwich w/ Roasted<br/>Red Pepper &amp; Feta Spread<br/>Hard Boiled Eggs<br/>Fresh Cut Fruit</div> <div></div> | <div>11</div> <div>Tuna Salad w/ Provolone<br/>Sandwich<br/>Baby Carrots w/ Ranch<br/>Tropical Fruit</div> <div></div>         | <div>12</div> <div>BLT Chicken Salad<br/>Roasted Vegetable &amp; White Bean<br/>Pesto Salad<br/>Mixed Fruit<br/>Roll w/ Butter</div> <div></div> | <div>13</div> <div>Southwest Salad w/ Beef<br/>Peaches<br/>Fritos</div> <div></div>                                                                             | <div>14</div> <div>Beet,Almond, Arugula &amp;<br/>Feta Salad<br/>Pears<br/>Blueberry Loaf</div> <div></div>          |
| <div>17</div> <div>Greek Dip w/ Hummus,<br/>Carrots &amp; Broccoli<br/>Pita Chips</div> <div></div>                                       | <div>18</div> <div>Pear, Bacon, Pecan &amp; Goat<br/>Cheese Salad<br/>Fresh Cut Fruit<br/>Roll w/ Butter</div> <div></div>     | <div>19</div> <div>Salmon Cobb Salad<br/>3 Bean Salad<br/>Clementine<br/>Roll w/ Butter</div> <div></div>                                        | <div>20</div> <div>Turkey Salad w/ Craisins &amp;<br/>Pecans Sandwich<br/>Tomato Wedges<br/>Pears</div> <div></div>                                             | <div>21</div> <div>Black Bean Taco Salad<br/>Tropical Fruit<br/>Guacamole</div> <div></div>                          |
| <div>24</div> <div>5 Bean Salad Over Romaine<br/>Cheddar Cheese Cubes<br/>Peaches<br/>Wheat Crackers</div> <div></div>                    | <div>25</div> <div>Chicken Bacon Ranch Wrap<br/>Herby Cauliflower &amp; Chickpea<br/>Salad<br/>Sliced Apples</div> <div></div> | <div>26</div> <div>Roast Beef &amp; Cheddar Sandwich<br/>Chickpea &amp; Kale Crunch Salad<br/>Applesauce</div> <div></div>                       | <div>27</div> <div>CLOSED</div> <div></div>                                                                                                                     | <div>28</div> <div>CLOSED</div> <div></div>                                                                          |
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HIGHLIGHTING MENU ITEMS

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| <div>NOVEMBER 5</div> <div>Roasted Vegetable &amp; Chicken Salad</div> <div>A bed of spinach topped with a delicious chickpea and roasted vegetable mixture accompanied with small diced chicken, and finished with feta cheese crumbles.</div> | <div>NOVEMBER 7</div> <div>Mexican Zucchini Salad</div> <div>Fresh zucchini roasted dressed with garlic, lime, chili powder, &amp; cumin. It is then tossed with cotija cheese and fresh cilantro. Zucchini never tasted soooooo good!</div> | <div>NOVEMBER 10</div> <div>Roasted Veggie Sandwich</div> <div>Build your own beautiful sandwich with roasted zucchini, yellow squash, &amp; red onion served with fresh spinach, wheat bread, and a roasted red pepper &amp; feta cheese spread.</div> | <div>NOVEMBER 13</div> <div>Southwest Salad w/ Beef</div> <div>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.</div> |
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