

NAME_____

SourcePoint Meals on Wheels Program

NOVEMBER - 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
3 Philly Sandwich Herb Roasted Redskin Potatoes Succotash	4 Veggie Burger w/ Cheddar & Guacamole Roasted Yukon Potatoes California Vegetable Blend	5 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup	6 Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches	7 Creamy Tortellini w/ Bacon, Mushrooms & Peas Green Beans Malibu Vegetable Blend
10 Kielbasa Over Cabbage Potatoes O'Brien Carrots	11 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables	12 Tuscan Shrimp Over Wild Rice Italian Vegetable Blend Mixed Fruit Cup	13 Turkey Pot Pie w/ Biscuit Green Beans Broccoli Sliced Apples	14 Meatball Sub Malibu Vegetable Blend Baked Pears
17 Root Beer Braised Pork Mashed Yukon Potatoes Mixed Vegetables Maple Spiced Peaches	18 Tuscan White Bean, Kale & Sundried Tomato Bake Country Apples Malibu Vegetable Blend Garlic Bread	19 Thai Peanut Chicken over Brown Rice Far East Vegetable Blend Kyoto Vegetable Blend	20 Stuffed Cabbage Roll Roasted Redskin Potatoes Carrots Roll w/ Butter	21 Turkey Burger w/ Peppers, Onions & Smoked Gouda Roasted Sweet Potato, Corn & Black Beans Roasted Roma Potatoes
24 Meatloaf Sandwich Roasted Yukon Potatoes Peas & Pearl Onions	25 Creamy Sundried Tomato Pasta Sauteed Mushrooms, Onions & Green Beans Malibu Vegetable Blend Mixed Fruit Cup	26 Veggie Burrito Bowl Cinnamon Spiced Peaches	27 CLOSED	28 CLOSED

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

NOVEMBER 6 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.	NOVEMBER 13 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.	NOVEMBER 26 Veggie Burrito Bowl A delicious mix of roasted sweet potatoes, peppers, onions, corn, and black beans served over brown rice. It is topped with cheese and served with salsa & tortilla chips on the side.
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SourcePoint Meals on Wheels Program

NOVEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Parmesan Salad Fresh Cut Fruit	4 Roast Beef & Cheddar Sandwich Broccoli Craisin Salad with Almonds Tropical Fruit	5 Turkey Club Sandwich Potato Salad Mixed Fruit	6 Roasted Brussel Sprouts, Quinoa & Almond Salad Baby Carrots Applesauce	7 Grilled Salmon Salad Dilled Pasta Salad Pears Roll w/ Butter
10 Autumn Salad w/ Beets, Butternut Squash & Pecans Pears Roll w/ Butter	11 Chicken Caesar Salad Wrap 3 Bean Salad Mixed Fruit	12 Roast Beef, Cheddar & Arugula Sandwich Bacon Pea Ranch Salad Strawberry Applesauce	13 Calico Salad w/ Sunflower Seeds Fresh Cut Fruit Cornbread	14 Tuna Salad & Provolone Sandwich Creamy Cucumber & Chickpea Salad Tropical Fruit
17 Cranberry, Quinoa, Pecans & Kale Salad Chickpea & Kidney Bean Salad Mandarin Oranges	18 Citrus Chicken & Almonds Salad on Croissant Harvest Slaw w/ Apples, Craisins & Sunflower Seeds Tropical Fruit	19 Steak Greek Salad Apricots Pita Bread	20 Egg Salad Sandwich 3 Bean Salad Fruit Salad	21 BLT Sandwich Coleslaw Mixed Fruit White Cheddar Popcorn
24 Turkey & Swiss Sandwich Sweet Potato & Kale Salad Applesauce	25 Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit Tortilla Chips	26 Pesto Tortellini Pasta Salad w/ Pepperoni Sundried Tomato, White Bean & Arugula Salad Mixed Fruit	27 CLOSED	28 CLOSED

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HIGHLIGHTING MENU ITEMS

NOVEMBER 10 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.	NOVEMBER 13 Calico Salad A colorful winter salad consisting of broccoli, cauliflower, grape tomatoes, red peppers, chickpeas, & sunflower seeds. Served with buttermilk ranch dressing.	NOVEMBER 17 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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