

NAME_____

SourcePoint Meals on Wheels Program

NOVEMBER - 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
3 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peach Cup	4 Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Baked Pears w/ Granola Nutrigrain Blueberry Cereal Bar	5 Burger w/ Swiss & LTO Roasted Yukon Potatoes Corn	6 Salmon Patty w/ Lemon Cream Sauce Herb Roasted Redskin Potatoes Mixed Vegetables Tropical Fruit Cup	7 Chicken Wild Rice Casserole Peas & Pearl Onions Sliced Apples Corn Muffin
10 Meatloaf Roasted Redskin Potatoes Broccoli Pear Cup Roll w/ Butter	11 Roasted Turkey w/ Gravy Whipped Sweet Potatoes Mixed Vegetables	12 Southwest Stuffed Pepper Brussels Sprouts Cinnamon Spiced Peaches Cornbread	13 Lasagna Roll Up w/ Creamy Butternut Squash Sauce Green Beans Broccoli Clementine	14 Cheesy Chicken Broccoli Mushroom Rice Casserole Carrots Peas
17 Baked Spaghetti w/ Pork & Beef Mini Meatballs Peas & Carrots Sauteed Mushrooms, Onions & Green Beans	18 Orange Glazed Tilapia Over Brown Rice Whipped Cauliflower Carrots Peach Cup	19 Pork w/ Cider Dijon Cream Sauce Roasted Yukon Potatoes Mixed Vegetables	20 Chickpeas & Roasted Vegetable Honey Mustard Bowl Roasted Root Vegetables Spiced Pears	21 Spinach & Artichoke Chicken Mashed Redskin Potatoes Lima Beans
24 Vegetable Bean Chili Green Beans Cinnamon Spiced Peaches Cornbread	25 Potato Crusted Tilapia Over Lemon Herb Wild Rice Broccoli Mixed Vegetable Casserole	26 Honey Mustard Chicken Over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup	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 13 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.	November 19 Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider-Dijon sauce.	November 20 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.
--	--	--

SourcePoint Meals on Wheels Program

NOVEMBER - COLD 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
3 Turkey & Cranberry Wrap Kale, Sweet Potato & Quinoa Salad Sliced Apples	4 Hearty Fall Rainbow Salad w/ Cashews Fruit Salad Banana Bread Loaf	5 Harvest Farro Salad w/ Roasted Vegetables, Cranberries, Crumbled Cheese & Pecans Pears	6 Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	7 Garden Vegetable Chickpea Salad Sandwich Vanilla Yogurt Strawberry Chex Mix
10 Honey Mustard Chicken Wrap Kale Almond Salad Peaches	11 Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut	12 Cranberry Pecan Harvest Salad w/ Turkey Pears Apple Cinnamon Muffin	13 Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix	14 Roasted Veggie Hummus Dip Apricots Pita Wedges
17 Italian Chicken Wrap Roasted Vegetable Pesto Salad Pears	18 Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Blueberry Vanilla Bites	19 Uncrustable PB&J Sandwich Carrots & Broccoli w/ Ranch Fresh Cut Fruit	20 Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Sliced Apples w/ Peanut Butter	21 Superfood Salad w/ Almonds Mixed Fruit Blueberry Muffin
24 Chicken Salad Over Greens Vegetable Quinoa Salad Tropical Fruit Strawberry Chex Mix	25 Wild Rice, Butternut Squash, Craisin & Pecan Salad 3 Bean Salad Pears	26 Turkey & Swiss Wrap Kale Almond Salad Applesauce	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 3 Turkey & Cranberry Wrap House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	November 4 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.	November 5 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.	November 18 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.
--	---	--	--