

NAME _____

SourcePoint Meals on Wheels Program

DECEMBER - 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>1</div> <div>NO MEAL DELIVERY</div>	<div>2</div> <div>Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots</div> <div></div>	<div>3</div> <div>Veggie Burger w/ Cheddar, Peppers & Onions Broccoli Applesauce</div> <div></div>	<div>4</div> <div>Spinach & Artichoke Stuffed Portobello White Bean & Tomato Ragout Maple Spiced Pears</div> <div></div>	<div>5</div> <div>Beef Stroganoff Mixed Vegetables Cauliflower</div>
<div>8</div> <div>Swedish Turkey Meatballs Over Egg Noodles Brussels Sprouts Cauliflower Mixed Fruit Cup</div>	<div>9</div> <div>Swiss Steak w/ Gravy Whipped Parsnips Green Beans</div>	<div>10</div> <div>Spinach & Mushroom Stuffed Shells Carrots Cinnamon Spiced Peaches Roll w/ Butter</div> <div></div>	<div>11</div> <div>Chicken Tex-Mex Casserole Sauteed Super Greens Succotash</div>	<div>12</div> <div>BBQ Pork Loin w/ Peach BBQ Sauce Herb Roasted Redskin Potatoes Mixed Vegetables Sliced Apples</div>
<div>15</div> <div>Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetables</div>	<div>16</div> <div>Shepherds Pie Green Beans Malibu Vegetable Blend Clementine</div>	<div>17</div> <div>Mushroom & Swiss Quiche Herb Roasted Redskin Potatoes Carrots</div> <div></div>	<div>18</div> <div>Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa w/ Tomatoes & Basil Baked Pears</div> <div></div>	<div>19</div> <div>Balsamic Glazed Salmon Over Creamy Mushroom Brown Rice Peas & Pearl Onions Brussels Sprouts</div> <div></div>
<div>22</div> <div>Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas</div>	<div>23</div> <div>Tilapia Over Spinach w/ Lemon Butter Sauce Creamy Mushroom Brown Rice Carrots</div> <div></div>	<div>24</div> <div>Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussel Sprouts Sliced Apples w/ Peanut Butter</div> <div></div>	<div>25</div> <div>CLOSED</div>	<div>26</div> <div>NO MEAL DELIVERY</div>
<div>29</div> <div>Manicotti with Marinara California Vegetable Blend Peas & Pearl Onions</div> <div></div>	<div>30</div> <div>French Toast Breakfast Bake Cubed Potatoes Cinnamon Spiced Peaches Yogurt Cup</div> <div></div>	<div>31</div> <div>Veggie Burger w/ Cheddar, Peppers & Onions Broccoli Applesauce</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

<div>DECEMBER 11</div> <div>Chicken Tex-Mex Casserole</div> <div>Shredded chicken mixed with rice, sauteed pepper & onions, diced tomatoes, black beans, corn, and taco seasoning. Topped with cheddar cheese for a filling Winter dish.</div>	<div>DECEMBER 16</div> <div>Shepherds Pie</div> <div>Savory and traditional beef mixture that consists of diced carrots, celery, onions, and peas, topped with a delicious layer of cheesy mashed potatoes.</div>	<div>DECEMBER 18</div> <div>Spinach & Artichoke Squash Casserole</div> <div>A delicious entrée consisting of spaghetti squash, artichoke hearts, and spinach mixed in a sauce of garlic, cream cheese, and parmesan cheese.</div>	
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SourcePoint Meals on Wheels Program

DECEMBER - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>NO MEAL DELIVERY</div>	<div>2</div> <div>Chicken Pasta Salad Mixed Fruit Apples with Peanut Butter</div>	<div>3</div> <div>Roasted Vegetable & Chicken Salad Tropical Fruit Pita Bread</div>	<div>4</div> <div>Roast Beef w/ Cheddar & Horseradish Aioli Sandwich Kale Lemon Parmesan Salad Sliced Apples w/ Peanut Butter</div>	<div>5</div> <div>Black Bean Taco Dip Mexican Zucchini Salad Clementine Tortilla Chips</div>
<div>8</div> <div>Veggie Sandwich w/ Roasted Red Pepper & Feta Spread Hard Boiled Eggs Fresh Cut Fruit</div>	<div>9</div> <div>Tuna Salad w/ Provolone Sandwich Baby Carrots w/ Ranch Tropical Fruit</div>	<div>10</div> <div>BLT Chicken Salad Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter</div>	<div>11</div> <div>Southwest Salad w/ Beef Peaches Fritos</div>	<div>12</div> <div>Beet,Almond, Arugula & Feta Salad Pears Blueberry Loaf</div>
<div>15</div> <div>Greek Dip w/ Hummus, Carrots & Broccoli Pita Chips</div>	<div>16</div> <div>Pear, Bacon, Pecan & Goat Cheese Salad Fresh Cut Fruit Roll w/ Butter</div>	<div>17</div> <div>Salmon Cobb Salad 3 Bean Salad Clementine Roll w/ Butter</div>	<div>18</div> <div>Turkey Salad w/ Craisins & Pecans Sandwich Tomato Wedges Pears</div>	<div>19</div> <div>Black Bean Taco Salad Tropical Fruit Guacamole</div>
<div>22</div> <div>5 Bean Salad Over Romaine Cheddar Cheese Cubes Peaches Wheat Crackers</div>	<div>23</div> <div>Chicken Bacon Ranch Wrap Herby Cauliflower & Chickpea Salad Sliced Apples</div>	<div>24</div> <div>Roast Beef & Cheddar Sandwich Chickpea & Kale Crunch Salad Applesauce</div>	<div>25</div> <div>CLOSED</div>	<div>26</div> <div>NO MEAL DELIVERY</div>
<div>29</div> <div>Chicken Salad on Croissant Trail Mix Applesauce</div>	<div>30</div> <div>Ground Beef Taco Salad Tropical Fruit Cornbread</div>	<div>31</div> <div>Roasted Vegetable & Chicken Salad Tropical Fruit Pita Bread</div>		

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HIGHLIGHTING MENU ITEMS

<div>DECEMBER 3</div> <div>Roasted Vegetable & 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>DECEMBER 5</div> <div>Mexican Zucchini Salad</div> <div>Fresh zucchini roasted dressed with garlic, lime, chili powder, & cumin. It is then tossed with cotija cheese and fresh cilantro. Zucchini never tasted soooooo good!</div>	<div>DECEMBER 8</div> <div>Roasted Veggie Sandwich</div> <div>Build your own beautiful sandwich with roasted zucchini, yellow squash, & red onion served with fresh spinach, wheat bread, and a roasted red pepper & feta cheese spread.</div>	<div>DECEMBER 11</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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