

NAME _____

SourcePoint Meals on Wheels Program

DECEMBER - 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
<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>Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup</div> <div></div>	<div>4</div> <div>Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches</div>	<div>5</div> <div>Creamy Tortellini w/ Bacon, Mushrooms & Peas Green Beans Malibu Vegetable Blend</div>
<div>8</div> <div>Kielbasa Over Cabbage Potatoes O'Brien Carrots</div>	<div>9</div> <div>White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables</div> <div></div>	<div>10</div> <div>Tuscan Shrimp Over Wild Rice Italian Vegetable Blend Mixed Fruit Cup</div> <div></div>	<div>11</div> <div>Turkey Pot Pie w/ Biscuit Green Beans Broccoli Sliced Apples</div>	<div>12</div> <div>Meatball Sub Malibu Vegetable Blend Baked Pears</div>
<div>15</div> <div>Root Beer Braised Pork Mashed Yukon Potatoes Mixed Vegetables Maple Spiced Peaches</div>	<div>16</div> <div>Tuscan White Bean, Kale & Sundried Tomato Bake Country Apples Malibu Vegetable Blend Garlic Bread</div> <div></div>	<div>17</div> <div>Thai Peanut Chicken over Brown Rice Far East Vegetable Blend Kyoto Vegetable Blend</div>	<div>18</div> <div>Stuffed Cabbage Roll Roasted Redskin Potatoes Carrots Roll w/ Butter</div>	<div>19</div> <div>Turkey Burger w/ Peppers, Onions & Smoked Gouda Roasted Sweet Potato, Corn & Black Beans Roasted Roma Potatoes</div>
<div>22</div> <div>Meatloaf Sandwich Roasted Yukon Potatoes Peas & Pearl Onions</div>	<div>23</div> <div>Creamy Sundried Tomato Pasta Sauteed Mushrooms, Onions & Green Beans Malibu Vegetable Blend Mixed Fruit Cup</div> <div></div>	<div>24</div> <div>Veggie Burrito Bowl Cinnamon Spiced Peaches</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>Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup</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 10</div> <div>Tuscan Shrimp Over Wild Rice</div> <div>Succulent shrimp served with a delicious sauce consisting of chopped spinach, diced onions, sundried tomatoes, thyme, butter, garlic, white wine, half & half, and parmesan cheese.</div>	<div>DECEMBER 17</div> <div>Thai Peanut Chicken Over Rice</div> <div>A flavorful Asian chicken dish with a sauce made with peanut butter, coconut milk, lime juice, soy sauce, brown sugar, garlic, ginger, and stir-fry vegetables.</div>	<div>DECEMBER 24</div> <div>Veggie Burrito Bowl</div> <div>Brown rice covered with a delicious mix of veggies, including sweet potatoes, peppers, onions, corn, and black beans. Topped with Monterey Jack cheese. Tortilla chips served on the side.</div>	
---	--	---	--

SourcePoint Meals on Wheels Program

DECEMBER - COLD 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
<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>Turkey Club Sandwich Potato Salad Mixed Fruit</div>	<div>4</div> <div>Roasted Brussels Sprouts, Quinoa & Almond Salad Baby Carrots Applesauce</div> <div></div>	<div>5</div> <div>Grilled Salmon Salad Dilled Pasta Salad Pears Roll w/ Butter</div> <div></div>
<div>8</div> <div>Autumn Salad w/ Beets, Butternut Squash & Pecans Pears Roll w/ Butter</div> <div></div>	<div>9</div> <div>Chicken Caesar Salad Wrap 3 Bean Salad Mixed Fruit</div>	<div>10</div> <div>Roast Beef, Cheddar & Arugula Sandwich Bacon Pea Ranch Salad Strawberry Applesauce</div>	<div>11</div> <div>Calico Salad w/ Sunflower Seeds Fresh Cut Fruit Cornbread</div> <div></div>	<div>12</div> <div>Tuna Salad & Provolone Sandwich Creamy Cucumber & Chickpea Salad Tropical Fruit</div> <div></div>
<div>15</div> <div>Cranberry, Quinoa, Pecans & Kale Salad Chickpea & Kidney Bean Salad Mandarin Oranges</div> <div></div>	<div>16</div> <div>Citrus Chicken & Almonds Salad on Croissant Harvest Slaw w/ Apples, Craisins & Sunflower Seeds Tropical Fruit</div>	<div>17</div> <div>Steak Greek Salad Apricots Pita Bread</div>	<div>18</div> <div>Egg Salad Sandwich 3 Bean Salad Fruit Salad</div> <div></div>	<div>19</div> <div>BLT Sandwich Coleslaw Mixed Fruit White Cheddar Popcorn</div>
<div>22</div> <div>Turkey & Swiss Sandwich Sweet Potato & Kale Salad Applesauce</div>	<div>23</div> <div>Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit Tortilla Chips</div>	<div>24</div> <div>Pesto Tortellini Pasta Salad w/ Pepperoni Sundried Tomato, White Bean & Arugula Salad Mixed Fruit</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>Turkey Club Sandwich Potato Salad Mixed Fruit</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 4</div> <div>Brussels Sprouts & Quinoa Salad</div> <div>Fall salad made with Brussel sprouts, quinoa, garbanzo beans, spinach, dried cranberries, & almonds. Dressed with honey, mustard, oil, vinegar, & apple juice.</div>	<div>DECEMBER 15</div> <div>Cranberry, Quinoa & Kale Salad</div> <div>A hearty salad consisting of kale, dried cranberries, pecans, and quinoa tossed in a raspberry vingrette dressing. Topped with goat cheese. YUM!</div>	<div>DECEMBER 16</div> <div>Citrus Chicken Salad on Croissant</div> <div>Chicken marinated in a tarragon & rosemary mix. Then blended with vanilla yogurt, mayonnaise, fresh lemon & orange juice, fresh dill, honey, grapes, & slivered almonds. Served w/ croissant.</div>	
--	--	--	--