

NAME _____

SourcePoint Meals on Wheels Program

DECEMBER - 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
<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>Burger w/ Swiss & LTO Roasted Yukon Potatoes Corn</div>	<div>4</div> <div>Salmon Patty w/ Lemon Cream Sauce Herb Roasted Redskin Potatoes Mixed Vegetables Tropical Fruit Cup</div> <div></div>	<div>5</div> <div>Chicken Wild Rice Casserole Peas & Pearl Onions Sliced Apples Corn Muffin</div>
<div>8</div> <div>Meatloaf Roasted Redskin Potatoes Broccoli Pear Cup Roll w/ Butter</div>	<div>9</div> <div>Roasted Turkey w/ Gravy Whipped Sweet Potatoes Mixed Vegetables</div>	<div>10</div> <div>Southwest Stuffed Pepper Brussels Sprouts Cinnamon Spiced Peaches Cornbread</div> <div></div>	<div>11</div> <div>Lasagna Roll Up w/ Creamy Butternut Squash Sauce Green Beans Broccoli Clementine</div> <div></div>	<div>12</div> <div>Cheesy Chicken Broccoli Mushroom Rice Casserole Carrots Peas</div>
<div>15</div> <div>Baked Spaghetti w/ Pork & Beef Mini Meatballs Peas & Carrots Sauteed Mushrooms, Onions & Green Beans</div>	<div>16</div> <div>Orange Glazed Tilapia Over Brown Rice Whipped Cauliflower Carrots Peach Cup</div> <div></div>	<div>17</div> <div>Pork w/ Cider Dijon Cream Sauce Roasted Yukon Potatoes Mixed Vegetables</div>	<div>18</div> <div>Chickpeas & Roasted Vegetable Honey Mustard Bowl Roasted Root Vegetables Spiced Pears</div> <div></div>	<div>19</div> <div>Spinach & Artichoke Chicken Mashed Redskin Potatoes Lima Beans</div>
<div>22</div> <div>Vegetable Bean Chili Green Beans Cinnamon Spiced Peaches Cornbread</div> <div></div>	<div>23</div> <div>Potato Crusted Tilapia Over Lemon Herb Wild Rice Broccoli Mixed Vegetable Casserole</div> <div></div>	<div>24</div> <div>Honey Mustard Chicken Over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup</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>Burger w/ Swiss & LTO Roasted Yukon Potatoes Corn</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

DECEMBER 11 Lasagna Roll Up w/ Butternut Squash House made butternut squash and sage sauce blended with cream and parmesan, served over lasagna roll-up and topped with parmesan.	DECEMBER 17 Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich creamy apple cider-Dijon sauce.	DECEMBER 18 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.
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SourcePoint Meals on Wheels Program

DECEMBER - COLD LOW SODIUM

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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>Harvest Farro Salad w/ Roasted Vegetables, Cranberries, Crumbled Cheese & Pecans Pears</div> <div></div>	<div>4</div> <div>Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut</div>	<div>5</div> <div>Garden Vegetable Chickpea Salad Sandwich Vanilla Yogurt Strawberry Chex Mix</div> <div></div>
<div>8</div> <div>Honey Mustard Chicken Wrap Kale Almond Salad Peaches</div>	<div>9</div> <div>Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut</div> <div></div>	<div>10</div> <div>Cranberry Pecan Harvest Salad w/ Turkey Pears Apple Cinnamon Muffin</div>	<div>11</div> <div>Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix</div> <div></div>	<div>12</div> <div>Roasted Veggie Hummus Dip Apricots Pita Wedges</div> <div></div>
<div>15</div> <div>Italian Chicken Wrap Roasted Vegetable Pesto Salad Pears</div>	<div>16</div> <div>Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Blueberry Vanilla Bites</div> <div></div>	<div>17</div> <div>Uncrustable PB&J Sandwich Carrots & Broccoli w/ Ranch Fresh Cut Fruit</div> <div></div>	<div>18</div> <div>Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Sliced Apples w/ Peanut Butter</div>	<div>19</div> <div>Superfood Salad w/ Almonds Mixed Fruit Blueberry Muffin</div> <div></div>
<div>22</div> <div>Chicken Salad Over Greens Vegetable Quinoa Salad Tropical Fruit Strawberry Chex Mix</div>	<div>23</div> <div>Wild Rice, Butternut Squash, Craisin & Pecan Salad 3 Bean Salad Pears</div> <div></div>	<div>24</div> <div>Turkey & Swiss Wrap Kale Almond 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>Harvest Farro Salad w/ Roasted Vegetables, Cranberries, Crumbled Cheese & Pecans Pears</div> <div></div>		

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HIGHLIGHTING MENU ITEMS

<div>DECEMBER 3</div> <div>Harvest Farro Salad</div> <div>Ancient grain Farro, roasted Brussels sprouts, root vegetables, kale, pecans, & dried cranberries, topped w/ goat cheese, served w/ balsamic dressing on the side.</div>	<div>DECEMBER 9</div> <div>Thai Salad with Peanuts</div> <div>Romaine, red cabbage, carrots, red peppers, cucumbers, edamame, green onions, & peanuts served w/ a Thai dressing of rice wine vinegar, sesame oil, soy sauce, & peanut butter.</div>	<div>DECEMBER 16</div> <div>Roasted Veggie Couscous Salad</div> <div>A colorful salad of couscous mixed with onion, red peppers, zucchini, and yellow squash. It is then tossed in a light creamy lemon garlic dressing.</div>
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