SourcePoint Meals on Wheels spnutrition@mysourcepoint.org 740-204-2434

## Monthly Meal Selection

POLICY: Please cancel no later than 11:00 a.m. 2 days prior to delivery.

To order alternate meals, call 2 business days in advance.

| Name: _ |  |  |  |
|---------|--|--|--|
|         |  |  |  |

| December 2025                                  | CANCEL<br>MEALS    |                     | НО      | HOT MEALS     |                 |  | COL     | COLD MEALS    |                 |  |
|--|--------------------|---------------------|---------|---------------|-----------------|--|---------|---------------|-----------------|--|
| Service Date                                   | Cancel<br>Hot Meal | Cancel<br>Cold Meal | Regular | Low<br>Sodium | Carb<br>Control |  | Regular | Low<br>Sodium | Carb<br>Control |  |
| Mon. 12/1/25                                   |                    |                     |         | No Meal       |                 |  |         |               |                 |  |
| Tue. 12/2/25                                   |                    |                     |         |               | Ī               |  |         |               |                 |  |
| Wed. 12/3/25                                   |                    |                     |         |               |                 |  |         |               |                 |  |
| Thu. 12/4/25                                   |                    |                     |         |               |                 |  |         |               |                 |  |
| Fri. 12/5/25                                   |                    |                     |         |               |                 |  |         |               |                 |  |
|  |                    |                     |         | r             | 1               |  |         |               |                 |  |
| Mon. 12/8/25                                   |                    |                     |         |               |                 |  |         |               |                 |  |
| Tue. 12/9/25                                   |                    |                     |         |               |                 |  |         |               |                 |  |
| Wed. 12/10/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Thu. 12/11/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Fri. 12/12/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
|  |                    |                     |         |               |                 |  |         |               |                 |  |
| Mon. 12/15/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Tue. 12/16/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Wed. 12/17/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Thu. 12/18/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Fri. 12/19/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
|  |                    |                     |         |               |                 |  |         |               |                 |  |
| Mon. 12/22/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Tue. 12/23/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Wed. 12/24/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Thu. 12/25/25 SourcePoint Closed - No Delivery |                    |                     |         |               |                 |  |         |               |                 |  |
| Fri. 12/26/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
|  |                    |                     |         |               |                 |  |         |               |                 |  |
| Mon. 12/29/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Tue. 12/30/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
| Wed. 12/31/25                                  |                    |                     |         |               |                 |  |         |               |                 |  |
|  |                    |                     |         |               |                 |  |         |               |                 |  |