

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

JANUARY - 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
			1 CLOSED	2 NO MEAL DELIVERY
5 Bean & Cheese Burrito Corn Stewed Tomatoes 	6 White Chicken Lasagna Mixed Vegetables Broccoli & Cauliflower Blend	7 Spinach & Mushroom Stuffed Shells w/ Marinara Carrots Cinnamon Spiced Peaches Roll w/ Butter 	8 Chicken Tex-Mex Casserole Sauteed Super Greens Succotash	9 BBQ Pork Loin w/ Peach BBQ Sauce Herb Roasted Redskins Mixed Vegetables Sliced Apples
12 Spaghetti w/ Mini Beef & Pork Meatballs Peas & Carrots Sauteed Mushrooms, Onions, & Green Beans	13 Tuscan White Bean, Kale & Sundried Tomato Bake Green Beans Malibu Vegetable Blend Garlic Bread 	14 Thai Peanut Chicken over Brown Rice Far East Vegetable Blend Kyoto Vegetable Blend	15 Stuffed Cabbage Roll Roasted Redskin Potatoes Carrots Roll w/ Butter	16 Turkey Burger w/ Peppers, Onions & Smoked Gouda Roasted Sweet Potato, Corn & Black Beans Roasted Roma Potatoes
19 CLOSED	20 NO MEAL DELIVERY	21 BBQ Pulled Chicken Baby Bakers Corn Pudding	22 Turkey Over Cranberry Apple Cider Cornbread Stuffing w/ Gravy Succotash Green Beans	23 Salmon Croquette Baby Bakers Mixed Vegetables 
26 Philly Sandwich Herb Roasted Redskin Potatoes Succotash	27 Veggie Burger w/ Cheddar & Guacamole Roasted Yukon Potatoes California Vegetable Blend 	28 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup 	29 Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches	30 Creamy Tortellini w/ Bacon, Mushrooms & Peas Green Beans Malibu Vegetable Blend

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










JANUARY 9 BBQ Pork Loin w/ Peach BBQ Sauce Pork loin slices topped with a house blended BBQ Sauce using caramelized peaches.	JANUARY 29 Turkey Chili Stuffed Sweet Potato A fresh baked sweet potato loaded with a house made chili made of seasoned ground turkey, onions, peppers, and topped with shredded cheddar and sour cream.		
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SourcePoint Meals on Wheels Program

JANUARY - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED	2 NO MEAL DELIVERY
5 Turkey & Swiss Sandwich Mandarin Oranges Strawberry Chex Mix	6 Egg Salad on Croissant Tropical Fruit Animal Crackers 	7 BLT Chicken Salad Roasted Veggie & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	8 Calico Salad w/ Sunflower Seeds Fresh Cut Fruit Cornbread 	9 Beet, Almond, Arugula & Feta Salad Pears Mini Blueberry Loaf 
12 Cranberry, Pecan, Kale & Goat Cheese Salad Hard Boiled Eggs Sliced Apples 	13 Pear, Bacon, Candied Pecan & Goat Cheese Salad Fresh Cut Fruit Roll w/ Butter	14 Steak Greek Salad Apricots Pita Bread	15 Egg Salad Sandwich 3 Bean Salad Fruit Salad 	16 BLT Sandwich Coleslaw Mixed Fruit White Cheddar Popcorn
19 CLOSED	20 NO MEAL DELIVERY	21 PB & Grape Jelly Uncrustable Baby Carrots w/ Ranch Mixed Fruit 	22 Garden Salad Cottage Cheese Pears Apple Cinnamon Muffin 	23 Pecan Chicken Salad Wrap Honey Mustard Potato Salad Carrot Raisin Salad
26 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Parmesan Salad Fresh Cut Fruit	27 Roast Beef & Cheddar Sandwich Broccoli Craisin Salad with Almonds Tropical Fruit	28 Turkey Club Sandwich Potato Salad Mixed Fruit	29 Roasted Brussel Sprouts, Quinoa & Almond Salad Baby Carrots Applesauce 	30 Grilled Salmon Salad Dilled Pasta Salad Pears Roll w/ Butter 

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HIGHLIGHTING MENU ITEMS

DECEMBER 8 Calico Salad A colorful winter salad consisting of broccoli, cauliflower, tomatoes, red peppers, chickpeas, cheddar cheese, & sunflower seeds. Tossed in buttermilk ranch	JANAURY 12 Cranberry, Pecan Salad Fresh kale with cranberries, pecans, and quinoa tossed together and topped with goat cheese along with a raspberry vinaigrette dressing to create the perfect sweet Fall salad.	JANUARY 23 Pecan Chicken Salad Wrap A Fall twist on chicken salad made with cranberries and pecans, served with a tortilla to make a wrap.
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