

NAME _____

SourcePoint Meals on Wheels Program

JANUARY - 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
			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 Baked Spaghetti w/ Mini Pork & Beef Meatballs Peas & Carrots Sauteed Mushrooms, Onions & Green Beans	13 Tuescan White Bean, Kale, & Sundried Tomato Bake Green Beans Malibu Vegetable Blend Garlic Bread 	14 Pork w/ Cider Dijon Cream Sauce Roasted Yukon Potatoes Mixed Vegetables	15 Chickpeas & Roasted Vegetable Honey Mustard Bowl Roasted Root Vegetables Spiced Pears 	16 Spinach & Artichoke Chicken Mashed Redskin Potatoes Lima Beans
19 CLOSED	20 NO MEAL DELIVERY	21 BBQ Pulled Chicken Baby Bakers Corn Pudding	22 Pesto, Vegetable & Spaghetti Squash Bake Creamy Italian Stewed Chickpeas Cauliflower Breadstick w/ Butter 	23 Johnny Marzetti Brussels Sprouts California Vegetable Blend
26 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peach Cup 	27 Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Baked Pears w/ Granola Nutrigrain Blueberry Cereal Bar	28 Burger w/ Swiss & LTO Roasted Yukon Potatoes Corn	29 Salmon Patty w/ Lemon Cream Sauce Herb Roasted Redskin Potatoes Mixed Vegetables Tropical Fruit Cup 	30 Chicken Wild Rice Casserole Peas & Pearl Onions Sliced Apples Corn Muffin

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 14 Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider-Dijon sauce.	JANUARY 15 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.	JANUARY 22 Pesto Veg & Spaghetti Squash Bake Roasted spaghetti squash mixed with sautéed vegetables and fresh pesto, topped with shredded mozzarella for a light, delicious dish.	
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SourcePoint Meals on Wheels Program

JANUARY - COLD LOW SODIUM

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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 Fresh Cut Fruit Cornbread 	9 Beef, 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 Uncrustable PB&J Sandwich Carrots & Broccoli w/ Ranch Fresh Cut Fruit 	15 Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Sliced Apples w/ Peanut Butter	16 Superfood Salad w/ Almonds Mixed Fruit Blueberry Muffin 
19 CLOSED	20 NO MEAL DELIVERY	21 PB & Grape Jelly Uncrustable Baby Carrots w/ Ranch Mixed Fruit 	22 Roasted Red Pepper & Arugula Sandwich w/ Carmelized Onion Bacon Jam Roasted Veggies & White Beans Clementine	23 Autumn Roasted Vegetable Salad Mixed Fruit 
26 Turkey & Cranberry Wrap Kale, Sweet Potato & Quinoa Salad Sliced Apples	27 Hearty Fall Rainbow Salad w/ Cashews Fruit Salad Banana Bread Loaf 	28 Harvest Farro Salad w/ Roasted Vegetables, Cranberries, Crumbled Cheese & Pecans Pears 	29 Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	30 Garden Vegetable Chickpea Salad Sandwich Vanilla Yogurt Strawberry Chex Mix 

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HIGHLIGHTING MENU ITEMS

JANUARY 13 Roasted Veggie Couscous Salad A colorful salad of couscous mixed with onion, red peppers, zucchini, and yellow squash. Tossed in a light creamy lemon garlic parmesan dressing.	JANUARY 26 Turkey & Cranberry Wrap House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	JANUARY 27 Hearty Fall Rainbow Salad A delicious entrée salad consisting of broccoli, cauliflower, yellow & red peppers, kale, & garbanzo beans served on top of a bed of romaine. Then finished with cashews & goat cheese.	JANUARY 28 Harvest Farro Salad Ancient grain Farro, roasted Brussels sprouts, root vegetables, kale, pecans, & dried cranberries tossed together, topped w/ goat cheese, served w/ balsamic dressing on the side.
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