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:
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January 2026	CANCEL MEALS			HOT MEALS				COLD MEALS		
Comico Data	Cancel	Cancel			Low	Carb			Low	Carb
Service Date	Hot Meal	Cold Meal		Regular	Sodium	Control	Classel	Regular	Sodium	Control
Thu. 1/1/26	No Delivery - SourcePoint Closed									
Fri. 1/2/26	No Delivery									
Mon. 1/5/26										
Tue. 1/6/26										
Wed. 1/7/26										
Thu. 1/8/26										
Fri. 1/9/26										
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Mon. 1/12/26										
Tue. 1/13/26										
Wed. 1/14/26										
Thu. 1/15/26										
Fri. 1/16/26										
Mon. 1/19/26	No Delivery - SourcePoint Closed									
Tue. 1/20/26	No Delivery									
Wed. 1/21/26										
Thu. 1/22/26										
Fri. 1/23/26										
Mon. 1/26/26										
Tue. 1/27/26										
Wed. 1/28/26										
Thu. 1/29/26										
Fri. 1/30/26										