

NAME_____

SourcePoint Meals on Wheels Program

FEBRUARY - HOT CARB CONTROL

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>2</div> <div>Swedish Turkey Meatballs over Egg Noodles Brussels Sprouts Cauliflower Mixed Fruit Cup</div>	<div>3</div> <div>Swiss Steak w/ Gravy Whipped Parsnips Green Beans</div>	<div>4</div> <div>Spinach & Mushroom Stuffed Shells Carrots Cinnamon Spiced Peaches Roll w/ Butter</div>	<div>5</div> <div>Chicken Tex-Mex Casserole Sauteed Super Greens Succotash</div>	<div>6</div> <div>BBQ Pork Loin w/ Peach BBQ Sauce Herb Roasted Redskin Potatoes Mixed Vegetables Sliced Apples Bag</div>
<div>9</div> <div>Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetables</div>	<div>10</div> <div>Shepherds Pie Green Beans Malibu Vegetable Blend Clementine</div>	<div>11</div> <div>Mushroom & Swiss Quiche Herb Roasted Redskin Potatoes Carrots</div>	<div>12</div> <div>Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa w/ Tomatoes & Basil Baked Pears</div>	<div>13</div> <div>Balsamic Glazed Salmon over Creamy Mushroom Brown Ric Peas & Pearl Onions Brussels Sprouts</div>
<div>16</div> <div>Cubed Pork w/ Herbed Gravy Mashed Yukon Potatoes Peas</div>	<div>17</div> <div>Tilapia over Spinach w/ Lemon Butter Sauce Creamy Mushroom Brown Rice Carrots</div>	<div>18</div> <div>Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussels Sprouts Sliced Apples w/ PB Cup</div>	<div>19</div> <div>Meatloaf Whipped Cauliflower Italian Vegetable Blend</div>	<div>20</div> <div>Broccoli Cheddar Spaghetti Squash Bake Cheesy Tomatoes & Wh. Beans Green Beans Roll w/ Butter</div>
<div>23</div> <div>Brussels Sprouts & Bacon Pesto Pasta Peas Cinammon Spiced Peaches</div>	<div>24</div> <div>Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potatoes Tortilla Chips</div>	<div>25</div> <div>Veggie Burger w/ Cheddar & Peppers Broccoli Applesauce</div>	<div>26</div> <div>Spinach Artichoke Stuffed Portobello White Bean & Tomato Ragout Maple Spiced Pears</div>	<div>27</div> <div>Beef Stroganoff Mixed Vegetables Cauliflower</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

FEBRUARY 6 BBQ Pork Loin w/ Peach BBQ Sauce Two pork loin slices topped with a house blended BBQ Sauce using caramelized peaches.	FEBRUARY 10 Shepherds Pie Savory and traditional beef mixture that consists of diced carrots, celery, onions, and peas, topped with a delicious layer of cheesy mashed potatoes.	FEBRUARY 20 Broccoli Cheddar Spaghetti Squash Broccoli cheddar sauce blended together with fresh spaghetti squash, broccoli, and topped with fried onions.	FEBRUARY 24 Turkey Taco Stuffed Pepper Fresh green pepper filled to the brim with heaping scoops of a turkey taco filling. Topped with shredded cheddar and served with sour cream on the side.
--	---	---	--

SourcePoint Meals on Wheels Program

FEBRUARY - COLD CARB CONTROL

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>2</div> <div>Veggie Sandwich w/ Roasted Red Pepper & Feta Spread Hard Boiled Eggs Fresh Cut Fruit</div> <div></div>	<div>3</div> <div>Tuna Salad w/ Provolone Sandwich Baby Carrots w/ Ranch Cup Tropical Fruit</div> <div></div>	<div>4</div> <div>BLT Chicken Salad Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter</div> <div></div>	<div>5</div> <div>Southwest Salad w/ Gr. Beef Peaches Fritos</div> <div></div>	<div>6</div> <div>Beet, Almond & Arugula Salad w/ Feta Pears Mini Blueberry Loaf</div> <div></div>
<div>9</div> <div>Greek Dip w/ Hummus, Carrots & Broccoli Pita Chips</div> <div></div>	<div>10</div> <div>Pear, Bacon, Pecan & Goat Cheese Salad Frush Cut Fruit Roll w/ Butter</div> <div></div>	<div>11</div> <div>Salmon Cobb Salad 3 Bean Salad Clementine Roll w/ Butter</div> <div></div>	<div>12</div> <div>Turkey Salad w/ Craisins & Pecans Sandwich Tomato Wedges Pears</div> <div></div>	<div>13</div> <div>Black Bean Taco Salad Tropical Fruit Guacamole Cup</div> <div></div>
<div>16</div> <div>5 Bean Salad over Romaine Cheddar Cheese Cubes Peaches Crackers</div> <div></div>	<div>17</div> <div>Chicken Bacon Ranch Wrap Herby Cauliflower Salad w/ Chickpeas Sliced Apples Bag</div> <div></div>	<div>18</div> <div>Roast Beef & Cheddar Sandwich Chickpea & Kale Crunch Salad Applesauce</div> <div></div>	<div>19</div> <div>Salmon Caesar Salad Tuscan White Bean Salad Fresh Cut Fruit</div> <div></div>	<div>20</div> <div>Turkey & Swiss on Croissant Bacon Pea Ranch Salad Pears</div> <div></div>
<div>23</div> <div>Autumn Caesar Salad Sliced Apples Bag Garlic Bread</div> <div></div>	<div>24</div> <div>Tuna Pasta Salad Creamy Cucumber, Tomato, & Chickpea Salad Clementine</div> <div></div>	<div>25</div> <div>Roasted Vegetable & Chicken Salad Tropical Fruit Salad Pita Wedges</div> <div></div>	<div>26</div> <div>Roast Beef & Cheddar Sandwich w/ Horseradish Aioli Kale Lemon Parmesan Salad Sliced Apples Bag w/ Peanut Butter Cup</div> <div></div>	<div>27</div> <div>Black Bean Taco Dip Mexican Zucchini Salad Clementine Tortilla Chips</div> <div></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

<div>FEBRUARY 2</div> <div>Roasted Veggie Sandwich</div> <div>Build your own beautiful sandwich with roasted zucchini, yellow squash, & red onion served with fresh spinach, wheat bread, and a roasted red pepper & feta cheese spread.</div>	<div>FEBRUARY 5</div> <div>Southwest Salad w/ Beef</div> <div>Fresh Romaine lettuce topped with a house made black bean and corn salsa, ground beef, and topped with shredded cheese and ranch on the side.</div>	<div>FEBRUARY 25</div> <div>Roasted Vegetable & Chicken Salad</div> <div>A bed of spinach topped with a delicious chickpea and roasted vegetable mixture accompanied with small diced chicken, and finished with feta cheese crumbles.</div>	<div>FEBRUARY 27</div> <div>Mexican Zucchini Salad</div> <div>Fresh zucchini roasted dressed with garlic, lime, chili powder, & cumin. It is then tossed with cotija cheese and fresh cilantro. Zucchini never tasted soooooooo good!</div>
--	---	--	---