

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

HIGHLIGHTING MENU ITEMS

FEBRUARY 6	FEBRUARY 10	FEBRUARY 20	FEBRUARY 24
BBQ Pork Loin w/ Peach BBQ Sauce Two pork loin slices topped with a house blended BBQ Sauce using caramelized peaches.	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.	Broccoli Cheddar Spaghetti Squash Broccoli cheddar sauce blended together with fresh spaghetti squash, broccoli, and topped with fried onions.	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.

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.

SourcePoint Meals on Wheels Program

FEBRUARY - COLD CARB CONTROL

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

HIGHLIGHTING MENU ITEMS

FEBRUARY 2	FEBRUARY 5	FEBRUARY 25	FEBRUARY 27
Roasted Veggie Sandwich 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.	Southwest Salad w/ Beef 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.	Roasted Vegetable & Chicken Salad A bed of spinach topped with a delicious chickpea and roasted vegetable mixture accompanied with small diced chicken, and finished with feta cheese crumbles.	Mexican Zucchini Salad Fresh zucchini roasted dressed with garlic, lime, chili powder, & cumin. It is then tossed with cotija cheese and fresh cilantro. Zucchini never tasted sooooooo good!

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