

NAME _____

SourcePoint Meals on Wheels Program

FEBRUARY - 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
<div>2</div> <div>Kielbasa over Cabbage Potatoes O'Brien Carrots</div>	<div>3</div> <div>White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables</div> <div></div>	<div>4</div> <div>Tuscan Shrimp over Wild Rice Italian Vegetable Blend Mixed Fruit Cup</div> <div></div>	<div>5</div> <div>Turkey Pot Pie w/ Biscuit Green Beans Broccoli Sliced Apples Bag</div>	<div>6</div> <div>Meatball Sub Malibu Vegetable Blend Baked Pears</div>
<div>9</div> <div>Root Beer Braised Pork Mashed Yukon Potatoes Mixed Vegetables Maple Spiced Peaches</div>	<div>10</div> <div>Tuscan White Bean, Kale, & Sundried Tomato Bake Country Apples Malibu Vegetable Blend Garlic Bread</div> <div></div>	<div>11</div> <div>Thai Peanut Chicken over Brown Rice Far East Vegetable Blend Kyoto Vegetable Blend</div>	<div>12</div> <div>Stuffed Cabbage Roll Roasted Redskin Potatoes Carrots Roll w/ Butter</div>	<div>13</div> <div>Turkey Burger w/ Peppers, Onions, & Smoked Gouda Roasted Sweet Potato, Corn & Black Beans Roasted Roma Tomatoes</div>
<div>16</div> <div>Meatloaf Sandwich Roasted Yukon Potatoes Peas & Pearl Onions</div>	<div>17</div> <div>Creamy Sundried Tomato Pasta Sautéed Mushrooms, Onions & Green Beans Malibu Vegetable Blend Mixed Fruit Cup</div> <div></div>	<div>18</div> <div>Veggie Burrito Bowl Cinnamon Spiced Peaches</div> <div></div>	<div>19</div> <div>Roasted Turkey w/ Gravy Cranberry Apple Cider Cornbread Stuffing Succotash Green Beans</div>	<div>20</div> <div>Salmon Croquette Baby Bakers Mixed Vegetables</div> <div></div>
<div>23</div> <div>Philly Sub Sandwich Herb Roasted Redskin Potatoes Succotash</div>	<div>24</div> <div>Veggie Burger w/ Cheddar & Guacamole Roasted Yukon Potatoes California Vegetable Blend</div> <div></div>	<div>25</div> <div>Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup</div> <div></div>	<div>26</div> <div>Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches</div>	<div>27</div> <div>Creamy Tortellini w/ Bacon, Mushrooms, & Peas Green Beans Malibu Vegetable Blend</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 5 Turkey Pot Pie w/ Biscuit Fresh Carrots, onions, and celery cooked tender and mixed with turkey and a creamy poultry gravy, served with a fresh baked biscuit.	FEBRUARY 19 Turkey w/ Stuffing & Gravy Cranberry, apple cider stuffing topped with sliced roasted turkey breast, covered in a delicious poultry gravy	FEBRUARY 26 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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FEBRUARY - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Autumn Salad w/ Beets, Butternut Squash & Pecans Pears Roll w/ Butter</div> <div></div>	<div>3</div> <div>Chicken Caesar Salad Wrap 3 Bean Salad Mixed Fruit</div>	<div>4</div> <div>Roast Beef & Cheddar w/ Arugula Sandwich Bacon Pea Ranch Salad Strawberry Applesauce Cup</div>	<div>5</div> <div>Calico Salad w/ Sunflower Seeds Fresh Cut Fruit Cornbread</div> <div></div>	<div>6</div> <div>Tuna Salad & Provolone Sandwich Creamy Cucumber & Chickpea Salad Tropical Fruit</div> <div></div>
<div>9</div> <div>Cranberry Quinoa, Kale, & Pecan Salad Chickpea & Kidney Bean Salad Mandarin Oranges</div> <div></div>	<div>10</div> <div>Citrus Chicken Salad w/ Almonds on Croissant Harvest Slaw w/ Apples, Craisins, & Sunflower Seeds Tropical Fruit</div>	<div>11</div> <div>Steak Greek Salad Apricots Pita Bread</div>	<div>12</div> <div>Egg Salad Sandwich 3 Bean Salad Fruit Salad</div> <div></div>	<div>13</div> <div>BLT Sandwich Coleslaw Mixed Fruit White Cheddar Popcorn</div>
<div>16</div> <div>Turkey & Swiss Sandwich Sweet Potato & Kale Salad Applesauce</div>	<div>17</div> <div>Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit Tortilla Chips</div>	<div>18</div> <div>Pesto Tortellini Pasta Salad w/ Pepperoni Sundried Tomato, White Bean, & Arugula Salad Mixed Fruit</div>	<div>19</div> <div>Garden Salad Cottage Cheese Pears Apple Cinnamon Muffin</div> <div></div>	<div>20</div> <div>Pecan Chicken Salad Wrap Honey Mustard Potato Salad Carrot Raisin Salad</div>
<div>23</div> <div>Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Parmesan Salad Fresh Cut Fruit</div>	<div>24</div> <div>Roast Beef & Cheddar Sandwich Broccoli Craisin Salad w/ Almonds Tropical Fruit</div>	<div>25</div> <div>Turkey Club Sandwich Potato Salad Mixed Fruit</div>	<div>26</div> <div>Roasted Brussels Sprouts & Quinoa Salad w/ Almonds Baby Carrots Applesauce</div> <div></div>	<div>27</div> <div>Grilled Salmon Salad Dilled Pasta Salad Pears Roll w/ Butter</div> <div></div>

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HIGHLIGHTING MENU ITEMS

<div>FEBRUARY 2</div> <div>Autumn Salad</div> <div>Roasted butternut squash mixed with beets and garbanzo beans served atop a bed of mixed greens. Topped with toasted pecans and goat cheese.</div> <div></div>	<div>FEBRUARY 5</div> <div>Calico Salad</div> <div>A colorful winter salad consisting of broccoli, cauliflower, grape tomatoes, red peppers, chickpeas, & sunflower seeds. Served with buttermilk ranch dressing.</div>	<div>FEBRUARY 9</div> <div>Cranberry, Quinoa, Pecan Salad</div> <div>Fresh kale with cranberries, pecans, and quinoa tossed together and topped with goat cheese along with a raspberry vinaigrette dressing to create the perfect fall salad.</div>	<div>FEBRUARY 20</div> <div>Pecan Chicken Salad Wrap</div> <div>A Fall twist on chicken salad with cranberries and pecans blended together and served with a tortilla wrap.</div>
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