

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
2 Kielbasa over Cabbage Potatoes O'Brien Carrots	3 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables 	4 Tuscan Shrimp over Wild Rice Italian Vegetable Blend Mixed Fruit Cup 	5 Turkey Pot Pie w/ Biscuit Green Beans Broccoli Sliced Apples Bag	6 Meatball Sub Malibu Vegetable Blend Baked Pears
9 Root Beer Braised Pork Mashed Yukon Potatoes Mixed Vegetables Maple Spiced Peaches	10 Tuscan White Bean, Kale, & Sundried Tomato Bake Country Apples Malibu Vegetable Blend Garlic Bread 	11 Thai Peanut Chicken over Brown Rice Far East Vegetable Blend Kyoto Vegetable Blend	12 Stuffed Cabbage Roll Roasted Redskin Potatoes Carrots Roll w/ Butter	13 Turkey Burger w/ Peppers, Onions, & Smoked Gouda Roasted Sweet Potato, Corn & Black Beans Roasted Roma Tomatoes
16 Meatloaf Sandwich Roasted Yukon Potatoes Peas & Pearl Onions	17 Creamy Sundried Tomato Pasta Sautéed Mushrooms, Onions & Green Beans Malibu Vegetable Blend Mixed Fruit Cup 	18 Veggie Burrito Bowl Cinnamon Spiced Peaches 	19 Roasted Turkey w/ Gravy Cranberry Apple Cider Cornbread Stuffing Succotash Green Beans	20 Salmon Croquette Baby Bakers Mixed Vegetables
23 Philly Sub Sandwich Herb Roasted Redskin Potatoes Succotash	24 Veggie Burger w/ Cheddar & Guacamole Roasted Yukon Potatoes California Vegetable Blend 	25 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup 	26 Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches	27 Creamy Tortellini w/ Bacon, Mushrooms, & Peas Green Beans Malibu Vegetable Blend

HIGHLIGHTING MENU ITEMS

FEBRUARY 5	FEBRUARY 19	FEBRUARY 26
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.	Turkey w/ Stuffing & Gravy Cranberry, apple cider stuffing topped with sliced roasted turkey breast, covered in a delicious poultry gravy	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.

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

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 2 Autumn Salad Roasted butternut squash mixed with beets and garbanzo beans served atop a bed of mixed greens. Topped with toasted pecans and goat cheese. 	FEBRUARY 5 Calico Salad A colorful winter salad consisting of broccoli, cauliflower, grape tomatoes, red peppers, chickpeas, & sunflower seeds. Served with buttermilk ranch dressing.	FEBRUARY 9 Cranberry, Quinoa, Pecan Salad 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.	FEBRUARY 20 Pecan Chicken Salad Wrap A Fall twist on chicken salad with cranberries and pecans blended together and served with a tortilla wrap.
--	---	--	---