

NAME _____

SourcePoint Meals on Wheels Program

FEBRUARY - HOT LOW SODIUM

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 Meatloaf Roasted Redskin Potatoes Broccoli Pear Cup Roll w/ Butter	3 Roasted Turkey w/ Gravy Whipped Sweet Potatoes Mixed Vegetables	4 Southwest Stuffed Pepper Brussels Sprouts Cinnamon Spiced Peaches Cornbread 	5 Lasagna Roll Up w/ Creamy Butternut Squash Sauce Green Beans Broccoli Clementine 	6 Cheesy Chicken, Broccoli, & Mushroom Rice Casserole Carrots Peas
9 Baked Spaghetti w/ Pork & Beef Mini Meatballs Peas & Carrots Sautéed Mushrooms, Onions & Green Beans	10 Orange Glazed Tilapia over Brown Rice Whipped Cauliflower Carrots Peach Cup 	11 Cubed Pork w/ Apple Cider Dijon Cream Sauce Roasted Yukon Potatoes Mixed Vegetables	12 Chickpea & Roasted Veggie Honey Mustard Bowl Roasted Root Vegetables Spiced Pears 	13 Spinach & Artichoke Chicken Mashed Redskin Potatoes Lima Beans
16 Vegetable Bean Chili Green Beans Cinnamon Spiced Peaches Cornbread 	17 Potato Crusted Tilapia over Lemon Herb Wild Rice Broccoli Mixed Vegetable Casserole 	18 Honey Mustard Chicken over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup	19 Pesto, Vegetable, & Spaghetti Squash Bake Creamy Italian Stewed Chickpeas Cauliflower Breadstick w/ Butter 	20 Johnny Marzetti Brussels Sprouts California Vegetable Blend
23 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peach Cup 	24 Hashbrown & Bacon Breakfast Casserole Roasted Roma Tomatoes Baked Pears w/ Granola Nutrigrain Blueberry Cereal Bar	25 Burger w/ Swiss, Lettuce, Tomato, & Onion Roasted Yukon Potatoes Corn	26 Salmon Patty w/ Lemon Cream Sauce Herb Roasted Redskin Potatoes Mixed Vegetables Tropical Fruit Cup 	27 Chicken Wild Rice Casserole Peas & Pearl Onions Sliced Apples Bag Corn Muffin

HIGHLIGHTING MENU ITEMS

FEBRUARY 5	FEBRUARY 11	FEBRUARY 12	FEBRUARY 19
Lasagna Roll Up w/ Butternut Squash Smooth butternut squash and sage sauce blended with cream and parmesan, served over lasagna roll-ups and topped with additional parmesan.	Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider-Dijon sauce.	Chickpea & Veggie HM Bowl Roasted Brussels sprouts, broccoli, & sweet potatoes with garlic herb seasoning. Served on top of wild rice with garbanzo beans. Honey mustard dressing served on the side.	Pesto Veg & Spaghetti Squash Bake Roasted spaghetti squash mixed with sautéed vegetables and fresh pesto, topped with shredded mozzarella for a light, delicious dish.

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 LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Honey Mustard Chicken Wrap Kale Almond Salad Peaches	Chopped Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut 	Cranberry Pecan Harvest Salad w/ Turkey Pears Apple Cinnamon Muffin	Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix 	Roasted Veggie Hummus Dip Apricots Pita Wedges
9	10	11	12	13
Italian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears	Roasted Veggie & Couscous Salad Honey Mustard Potato Salad Peaches Blueberry Vanilla Bites 	PB & Grape Jelly Uncrustable Carrots & Broccoli w/ Ranch Fresh Cut Fruit 	Broccoli, Bacon, & Ranch Pasta Salad Kale Almond Salad Sliced Apples Bag w/ Peanut Butter Cup	Superfood Salad w/ Almonds Mixed Fruit Blueberry Muffin
16	17	18	19	20
Chicken Salad over Greens Vegetable Quinoa Salad Tropical Fruit Strawberry Chex Mix	Wild Rice, Butternut Squash, Craisin, & Pecan Salad 3 Bean Salad Pears 	Turkey & Swiss Wrap Kale Almond Salad Applesauce	Roasted Red Pepper & Arugula Sandwich w/ Carmelized Onion Bacon Jam Roasted Veggies & White Beans Clementine	Autumn Roasted Vegetable Salad Mixed Fruit
23	24	25	26	27
Turkey & Cranberry Wrap Kale, Sweet Potato & Quinoa Salad Sliced Apples Bag	Hearty Fall Rainbow Salad w/ Cashews Fruit Salad Mini Banana Bread Loaf 	Harvest Farro Salad w/ Veggies, Cranberries, Pecans, & Crumbled Cheese Pears 	Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	Garden Veggie Chickpea Salad Sandwich Vanilla Yogurt Strawberry Chex Mix

HIGHLIGHTING MENU ITEMS

FEBRUARY 10	FEBRUARY 23	FEBRUARY 24	FEBRUARY 25
Roasted Veggie Couscous Salad A colorful salad of couscous mixed with onion, red peppers, zucchini, and yellow squash. It is then tossed in a dressing of lemon vinaigrette & vegetarian Caesar dressing.	Turkey & Cranberry Wrap House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	Hearty Fall Rainbow Salad A delicious entrée salad consisting of broccoli, cauliflower, yellow & red peppers, kale, & garbanzo beans served on top of a bed of romaine. Then topped with cashews & goat cheese.	Harvest Farro Salad Ancient grain Farro, roasted Brussels sprouts, root vegetables, kale, pecans, & dried cranberries tossed together, topped w/ goat cheese, served w/ balsamic dressing on the side.

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