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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
<div>2</div> <div>Meatloaf Roasted Redskin Potatoes Broccoli Pear Cup Roll w/ Butter</div>	<div>3</div> <div>Roasted Turkey w/ Gravy Whipped Sweet Potatoes Mixed Vegetables</div>	<div>4</div> <div>Southwest Stuffed Pepper Brussels Sprouts Cinnamon Spiced Peaches Cornbread</div>	<div>5</div> <div>Lasagna Roll Up w/ Creamy Butternut Squash Sauce Green Beans Broccoli Clementine</div>	<div>6</div> <div>Cheesy Chicken, Broccoli, & Mushroom Rice Casserole Carrots Peas</div>
<div>9</div> <div>Baked Spaghetti w/ Pork & Beef Mini Meatballs Peas & Carrots Sauteed Mushrooms, Onions & Green Beans</div>	<div>10</div> <div>Orange Glazed Tilapia over Brown Rice Whipped Cauliflower Carrots Peach Cup</div>	<div>11</div> <div>Cubed Pork w/ Apple Cider Dijon Cream Sauce Roasted Yukon Potatoes Mixed Vegetables</div>	<div>12</div> <div>Chickpea & Roasted Veggie Honey Mustard Bowl Roasted Root Vegetables Spiced Pears</div>	<div>13</div> <div>Spinach & Artichoke Chicken Mashed Redskin Potatoes Lima Beans</div>
<div>16</div> <div>Vegetable Bean Chili Green Beans Cinnamon Spiced Peaches Cornbread</div>	<div>17</div> <div>Potato Crusted Tilapia over Lemon Herb Wild Rice Broccoli Mixed Vegetable Casserole</div>	<div>18</div> <div>Honey Mustard Chicken over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup</div>	<div>19</div> <div>Pesto, Vegetable, & Spaghetti Squash Bake Creamy Italian Stewed Chickpeas Cauliflower Breadstick w/ Butter</div>	<div>20</div> <div>Johnny Marzetti Brussels Sprouts California Vegetable Blend</div>
<div>23</div> <div>Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peach Cup</div>	<div>24</div> <div>Hashbrown & Bacon Breakfast Casserole Roasted Roma Tomatoes Baked Pears w/ Granola Nutrigrain Blueberry Cereal Bar</div>	<div>25</div> <div>Burger w/ Swiss, Lettuce, Tomato, & Onion Roasted Yukon Potatoes Corn</div>	<div>26</div> <div>Salmon Patty w/ Lemon Cream Sauce Herb Roasted Redskin Potatoes Mixed Vegetables Tropical Fruit Cup</div>	<div>27</div> <div>Chicken Wild Rice Casserole Peas & Pearl Onions Sliced Apples Bag Corn Muffin</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 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.	FEBRUARY 11 Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider-Dijon sauce.	FEBRUARY 12 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.	FEBRUARY 19 Pesto Veg & Spaghetti Squash Bake Roasted spaghetti squash mixed with sautéed vegetables and fresh pesto, topped with shredded mozzarella for a light, delicious dish.
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SourcePoint Meals on Wheels Program

FEBRUARY - COLD LOW SODIUM

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

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HIGHLIGHTING MENU ITEMS

FEBRUARY 10 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.	FEBRUARY 23 Turkey & Cranberry Wrap House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	FEBRUARY 24 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.	FEBRUARY 25 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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