

NAME _____

SourcePoint Meals on Wheels Program

MARCH - 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 CLOSED
9 NO MEAL DELIVERY	10 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots	11 Mushroom & Swiss Quiche Herb Roasted Redskin Potatoes Carrots	12 Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa w/ Tomatoes & Basil Salad Baked Pears	13 Balsamic Glazed Salmon Creamy Mushroom Brown Rice Peas & Pearl Onions Brussels Sprouts
16 Pork w/ 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/ Peanut Butter	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 Cinnamon 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
30 Swedish Turkey Meatballs over Egg Noodles Brussels Sprouts Cauliflower Mixed Fruit Cup	31 Swiss Steak w/ Gravy Whipped Parsnips Green Beans			

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

MARCH 5 Chicken Tax-Mex Casserole Shredded Chicken mixed with rice, sautéed pepper & onions, diced tomatoes, black beans, corn, and taco seasoning. Topped with cheddar cheese for a filling Winter dish.	MARCH 20 Broccoli Cheddar Spaghetti Squash Broccoli cheddar sauce blended together with fresh spaghetti squash, broccoli, and topped with fried onions.	MARCH 24 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.
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SourcePoint Meals on Wheels Program

MARCH - 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 Tropical Fruit	4 BLT Chicken Salad Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	5 Southwest Salad w/ Beef Peaches Fritos	6 CLOSED
9 NO MEAL DELIVERY	10 Chicken Salad on Croissant Trail Mix Applesauce	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
16 5 Bean Salad over Romaine Cheddar Cheese Cubes Peaches Crackers	17 Chicken Bacon Ranch Wrap Herby Cauliflower & Chickpea Salad Sliced Apples	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 Garlic Bread	24 Tuna Pasta Salad Creamy Cucumber, Tomato & Chickpea Salad Clementine	25 Roasted Vegetable & Chicken Salad Tropical Fruit Pita Bread	26 Roast Beef & Cheddar Sandwich w/ Horseradish Aioli Kale Lemon Parmesean Salad Sliced Apples w/ Peanut Butter	27 Black Bean Taco Dip Mexican Zucchini Salad Clementine Tortilla Chips
30 Veggie Sandwich w/ Roasted Red Pepper & Feta Spread Hard Boiled Eggs Fresh Cut Fruit	31 Tuna Salad w/ Provolone Sandwich Baby Carrots w/ Ranch Cup Tropical Fruit			

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Each meal comes with your selection of drink: Skim milk, 2% milk, low-fat chocolate milk, orange juice, apple juice.



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HIGHLIGHTING MENU ITEMS

MARCH 2 Roasted Veggie Sandwich Build your own beautiful sandwich with roasted zucchini, yellow squash, & red onion served with fresh spinach, wheat bread, and roasted red pepper & feta cheese spread.	MARCH 5 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.	MARCH 25 Roasted Vegetable & Chicken Salad A bed of spinach topped with a delicious chickpea and roasted vegetable mixture accompanied by small diced chicken. Finished with feta cheese crumbles.	MARCH 27 Mexican Zucchini Salad Fresh zucchini, roasted & dressed with garlic, lime, chili powder, & cumin. Tossed with cotija cheese and fresh cilantro.
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