

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**MARCH - 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 Roast 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 <b>CLOSED</b>
9 <b>NO MEAL DELIVERY</b>	10 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots	11 Pork w/ Cider Dijon Cream Sauce Roasted Yukon Potatoes Mixed Vegetables	12 Chickpea & Roasted Vegetable 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, Veggie, & 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 Onion, & Tomato 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 Corn Muffin Sliced Apples Bag
30 Meatloaf Roasted Redskin Potatoes Broccoli Pear Cup Roll w/ Butter	31 Roast Turkey w/ Gravy Whipped Sweet Potatoes Mixed Vegetables			

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**

<b>MARCH 5</b> 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.	<b>MARCH 11</b> Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider Dijon sauce.	<b>MARCH 12</b> 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.	<b>MARCH 19</b> Pesto Veg & Spaghetti Squash Bake Roasted spaghetti squash mixed with sauteed vegetables and fresh pesto, topped with shredded mozzarella for a light, delicious dish.
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## SourcePoint Meals on Wheels Program

# MARCH - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Honey Mustard Chicken Wrap Kale Almond Salad Peaches	<b>3</b> Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut 	<b>4</b> Cranberry Pecan Harvest Salad w/ Turkey Pears Apple Cinnamon Muffin	<b>5</b> Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix 	<b>6</b>  <b>CLOSED</b>
<b>9</b>  <b>NO MEAL DELIVERY</b>	<b>10</b> Chicken Salad on Croissant Trail Mix Applesauce	<b>11</b> PB & Grape Jelly Uncrustable Carrots & Broccoli w/ Ranch Fresh Cut Fruit 	<b>12</b> Broccoli, Bacon, & Ranch Pasta Salad Kale Almond Salad Sliced Apples w/ Peanut Butter	<b>13</b> Superfood Salad w/ Almonds Mixed Fruit Blueberry Muffin 
<b>16</b> Chicken Salad over Greens Vegetable Quinoa Salad Tropical Fruit Strawberry Chex Mix	<b>17</b> Wild Rice, Butternut Squash, Craisin, & Pecan Salad 3 Bean Salad Pears 	<b>18</b> Turkey & Swiss Wrap Kale Almond Salad Applesauce	<b>19</b> Roasted Red Pepper & Arugula Sandwich w/ Caramelized Onion Bacon Jam Roasted Veggies & White Beans Clementine	<b>20</b> Autumn Roasted Vegetable Salad Mixed Fruit 
<b>23</b> Turkey & Cranberry Wrap Kale, Sweet Potato, & Quinoa Salad Sliced Apples Bag	<b>24</b> Hearty Fall Rainbow Salad w/ Cashews Fruit Salad Mini Banana Bread Loaf 	<b>25</b> Harvest Farro Salad w/ Veggies, Cranberries, Pecans, & Crumbled Cheese Pears 	<b>26</b> Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	<b>27</b> Garden Veggie Chickpea Salad Sandwich Vanilla Yogurt Strawberry Chex Mix 
<b>30</b> Honey Mustard Chicken Wrap Kale Almond Salad Peaches	<b>31</b> Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut 			

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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

<b>MARCH 23</b> <b>Turkey &amp; Cranberry Wrap</b> House-made cream cheese spread made with cranberries and rosemary, served with turkey, spinach, and a tortilla wrap.	<b>MARCH 24</b> <b>Hearty Fall Rainbow Salad</b> A delicious entrée salad consisting of broccoli, cauliflower, red & yellow peppers, kale, & garbanzo beans served on top of a bed of romaine. Topped with cashews & goat cheese.	<b>MARCH 25</b> <b>Harvest Farro Salad</b> Ancient grain Farro, roasted Brussels sprouts, root vegetables, kale, pecans, & dried cranberries tossed together. Topped w/ goat cheese and served w/ balsamic dressing on the side.	
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