

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**APRIL - 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
		1 Cauliflower & Chickpea Curry Cilantro Rice Carrots 	2 Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Mexican Zucchini	3 Tuna Melt Stuffed Pepper Brussels Sprouts Malibu Vegetable Blend Mixed Fruit Cup Roll w/ Butter
6 Broccoli Cheddar Stuffed Chicken Mashed Redskin Potatoes Sauteed Super Greens & White Beans Roll w/ Butter	7 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	8 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Far East Vegetable Blend	9 Pork Loin w/ Savory Peach Sauce Mashed Redskin Potatoes Peas Roll w/ Butter	10 Corned Beef over Steamed Cabbage Herb Buttered Spaetzle Carrots Applesauce
13 Greek Beef Lasagna Peas & Pearl Onions Roasted Zucchini	14 Summer Veggie Pot Pie Broccoli Cauliflower 	15 Peanut Tofu & Cauliflower Rice Stir-Fry Vegetable Spring Rolls 	16 Carolina BBQ Pulled Pork Sandwich Mac-n-Cheese Brussels Sprouts Sliced Apples	17 Hawaiian Turkey Meatballs over White Rice Green Beans Kyoto Vegetable Blend
20 Hot Dog w/ Coney Sauce Sauteed Super Greens & White Beans Green Beans	21 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	22 Roasted Vegetable Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions 	23 Roast Turkey w/ Gravy Sour Cream Mashed Yukon Potatoes Mixed Vegetables Cinnamon Spiced Peaches	24 Pork Meatballs w/ Coconut Herb Sauce over Cauliflower Rice Malibu Vegetable Blend Peas
27 Meatloaf Roasted Yukon Potatoes Kyoto Vegetable Blend	28 Turkey Burger w/ White Cheddar & Tomato Jam Broccoli White Cheddar Popcorn	29 Cauliflower & Chickpea Curry Cilantro Rice Carrots 	30 Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Mexican Zucchini	

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>April 7</b> Loaded Roasted Cauliflower Roasted cauliflower and onions, topped with creamy white cheddar cauliflower bisque, crispy turkey bacon, shredded cheddar and fresh green onions for a rich and flavorful dish.	<b>April 13</b> Greek Beef Lasagna A layered pasta bake featuring penne, seasoned ground beef and a creamy béchamel sauce infused with nutmeg and cloves. Topped with feta, mozzarella, and Parmesan for a savory finish.	<b>April 15</b> Peanut Tofu Stir-Fry Oven-baked tofu tossed in a creamy peanut sauce with sesame oil, soy sauce, and sweet chili, served over lightly sautéed cauliflower rice for a flavorful dish.	<b>April 28</b> Turkey Burger w/ Tomato Jam A hearty turkey burger topped with white cheddar and a slow-roasted tomato jam, infused with Marsala wine, apple juice and warm spices.
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## SourcePoint Meals on Wheels Program

# APRIL - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		Steak, Walnut, & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	Roasted Tomato, Quinoa, Feta, & Arugula Salad 3 Bean Salad Grapes	Turkey & Mozzarella w/ Pesto Aioli Kale Lemon Parmesan Salad Pears
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Mozzarella, Tomato, & Chickpea Salad Italian Pasta Salad Pears	Corn, Zucchini, & Arugula Salad w/ Feta 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	Turkey & Swiss Sandwich Herby Cauliflower Salad w/ Chickpeas Tropical Ambrosia	Steak Cobb Salad Mixed Fruit Animal Crackers	Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	Turkey Salad Sandwich Broccoli Craisin Salad w/ Almonds Sliced Apples	Seafood Salad Dilled Pasta Salad Tropical Fruit	Italian Chopped Salad Italian Quinoa w/ Tomatoes Basil Salad Mixed Fruit	Roast Beef & White Cheddar Sandwich Creamy Cucumber, Tomato, & Chickpea Salad Pears
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Garden Salad Chickpea & Kidney Bean Salad Pears Colby Cheese Stick	Turkey Taco Salad w/ Tortilla Strips Tropical Fruit Salad w/ Coconut	Ham & Cheddar Sandwich Sweet Kale Salad w/ Pecans Sliced Apples	Egg Salad Sandwich Pesto White Bean & Arugula Salad Clementine	Tuna Salad w/ Provolone Sandwich Kale Almond Salad Applesauce
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
PB & Grape Jelly Uncrustable Carrots & Broccoli w/ Ranch Fresh Cut Fruit	7 Layer Salad Roasted Vegetable & White Bean Pesto Salad Pears Roll w/ Butter	Steak, Walnut, & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	Roasted Tomato, Quinoa, Feta, & Arugula Salad 3 Bean Salad Grapes	

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### HIGHLIGHTING MENU ITEMS

<b>April 3</b> <b>Turkey &amp; Mozzarella w/ Pesto Aioli</b> Turkey, mozzarella, lettuce and tomato with a creamy pesto aioli, served with whole wheat bread for a fresh, flavorful meal.	<b>April 7</b> <b>Corn, Zucchini &amp; Arugula Salad</b> A vibrant salad featuring roasted zucchini, sweet corn and red onion tossed in a balsamic-basil vinaigrette. Finished with fresh baby arugula and crumbled feta for a flavorful summer dish.	<b>April 15</b> <b>Seafood Salad</b> A refreshing seafood salad with imitation crab, shrimp, celery, peppers and red onion, tossed in a creamy lemon-dill dressing. Served over fresh baby spinach with Roma tomato wedges.	<b>April 28</b> <b>7 Layer Salad</b> A classic romaine salad topped with crisp bacon, diced egg, cheddar cheese, red onion, peas and fresh tomatoes. Served with a side of ranch dressing.
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