

NAME _____

SourcePoint Meals on Wheels Program

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



APRIL - HOT DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	2 Tropical Glazed Salmon over Brown Rice Kyoto Vegetable Blend Pears 	3 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Succotash
6 Beef Lasagna Brussels Sprouts Italian Vegetable Blend Garlic Bread	7 Indian Butter Cauliflower & Chickpeas White Rice Peas & Pearl Onions 	8 BBQ Pulled Pork Sandwich Baked Beans Succotash	9 Honey Mustard Chicken over Herbed Wild Rice Northwest Vegetable Blend Brussels Sprouts Breadstick w/ Butter	10 Veggie Burger w/ White Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears 
13 BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter	14 Lasagna Roll Up w/ Roasted Red Pepper Sauce Parmesan Veggie Casserole Peas & Carrots Mandarin Oranges in Jello 	15 Meatloaf Baby Bakers Succotash	16 Turkey Burger w/ White Cheddar Malibu Vegetable Blend Brussels Sprouts	17 Sliced Braut w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Peach Fruit Cup
20 Teriyaki Turkey Rice Bowl w/ Pineapple Vegetable Spring Rolls Kyoto Vegetable Blend Clementine	21 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter 	22 Burger w/ American & LTO Baked Beans Corn	23 Creamy Garlic Pork Over Mashed Yukon Potatoes Mixed Vegetables Baked Peaches	24 TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans Applesauce Cup
27 Southwest Turkey Rice Casserole Mexican Sweet Potatoes Broccoli Mixed Fruit Cup	28 Creamy Pesto Veg Tortellini Peas California Veg Blend Garlic Bread 	29 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	30 Tropical Glazed Salmon over Brown Rice Kyoto Veg Blend Peas 	

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

April 28 Creamy Pesto Veg Tortellini Cheese tortellini tossed in a creamy Alfredo-pesto sauce with roasted asparagus, red bell peppers, onions and mushrooms.	April 13 BBQ Chicken Grain Bowl Tender BBQ chicken served over a flavorful mix of brown rice, black beans, corn and sauteed peppers and onions. Paired with tri-color tortilla strips and ranch dressing.	April 20 Teriyaki Turkey Rice Bowl Teriyaki-glazed turkey with sauteed vegetables and pineapple, served over brown rice for a delicious blend of sweet and savory flavors.	April 27 Southwest Turkey Rice Bowl Seasoned ground turkey with sauteed peppers, onions, black beans, and brown rice, simmered with salsa and tomatoes. Topped with cheddar cheese and sour cream.
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SourcePoint Meals on Wheels Program

APRIL - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey & Swiss Sandwich Bacon Pea Ranch Salad Fresh Cut Fruit	2 Peach, Blueberry, & Almond Spinach Salad 3 Bean Salad Corn Muffin	3 Arugula Citrus Salad w/ Pecans Mixed Fruit Animal Crackers
6 Egg Salad Sandwich Broccoli Craisin Salad w/ Almonds Mixed Fruit	7 Chicken Salad Sandwich Kale Lemon Parmesan Salad Tropical Fruit Baby Carrots	8 Beef & Bleu Cheese Salad Roasted Broccoli, Quinoa, & Almond Salad Fresh Cut Fruit Blueberry Vanilla Bites	9 Summer Cobb Salad Pears Mini Banana Bread Loaf	10 Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish
13 Salmon Salad w/ Creamy Cilantro Lime Dressing Pineapple Black Bean Salsa w/ Tortilla Chips Colby Cheese Stick	14 Curried Chicken Salad w/ Almonds Creamy Cucumber & Chickpea Salad Tropical Fruit Salad w/ Coconut Flatbread	15 Chef Salad Pears Mini Blueberry Loaf Strawberry chex Mix	16 Tomato, Cucumber, & Spinach Sandwich w/ Herbed Cream Cheese Mixed Fruit Strawberry Chex Mix	17 Pesto Chickpea Veggie Salad Vanilla Yogurt Fresh Cut Fruit Roll w/ Butter
20 Ham & Swiss Sandwich Carrot Raisin Salad Fresh Cut Fruit	21 Roast Beef & Cheddar Sandwich Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	22 BBQ Chicken Salad w/ Guacamole Pineapple Slaw Mixed Fruit	23 Mediterranean Chickpea Salad Apricots Roasted Red Pepper Hummus & Pita Wedges	24 Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches
27 Tuna Pasta Salad Baby Carrots Tropical Fruit w/ Coconut	28 Southwest Chicken Salad Wrap Mexican Street Corn Salad Cinnamon Spiced Peaches	29 Turkey & Swiss Sandwich Bacon Pea Ranch Salad Fresh Cut Fruit	30 Peach, Blueberry, & Almond Spinach Salad 3 Bean Salad Corn Muffin	

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HIGHLIGHTING MENU ITEMS

April 3 Arugula Citrus Salad w/ Pecans A fresh blend of baby arugula, quinoa and chickpeas, topped with sweet mandarin oranges, toasted pecans and feta. Served with a zesty citrus dressing.	April 17 Pesto Chickpea Veggie Salad A refreshing mix of chickpeas, crisp asparagus, spinach and peas, tossed in a bright pesto-lemon dressing. Topped with a creamy goat cheese.	April 22 BBQ Chicken Salad w/ Guacamole BBQ chicken, black beans, pineapple and crisp bell peppers over shredded romaine, topped with Monterey Jack cheese. Served with tri-color tortilla strips, guacamole and ranch.	April 24 Italian Tortellini Pasta Salad Cheese tortellini tossed with crisp broccoli, bell peppers, red onion, carrots and artichoke hearts in a golden Italian dressing for a refreshing summer pasta salad.
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