

NAME _____

SourcePoint Meals on Wheels Program

MAY - 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 Tuna Melt Stuffed Pepper Brussels Sprouts Malibu Vegetable Blend Mixed Fruit Cup Roll w/ Butter
4 Broccoli Stuffed Chicken Mashed Redskin Potatoes Sauteed Super Greens & White Beans Roll w/ Butter	5 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	6 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Far East Vegetable Blend	7 Pork Loin w/ Savory Peach Sauce Mashed Redskin Potatoes Peas Roll w/ Butter	8 Corned Beef over Steamed Cabbage Herb Buttered Spaetzle Carrots Applesauce Cup
11 Greek Beef Lasagna Peas & Pearl Onions Roasted Zucchini	12 Summer Vegetable Pot Pie Broccoli Cauliflower	13 Peanut Tofu Cauliflower Rice Stir Fry Vegetable Spring Rolls	14 Carolina BBQ Pulled Pork Mac-N-Cheese Brussels Sprouts Sliced Apples	15 Hawaiian Turkey Meatballs over White Rice Green Beans Kyoto Vegetable Blend
18 Beef Hot Dog w/ Coney Sauce Sauteed Super Greens w/ White Beans Green Beans	19 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	20 Vegetable Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions	21 Turkey & Gravy over Sour Cream Mashed Potatoes Mixed Vegetables Cinnamon Spiced Peaches	22 Pork Meatballs w/ Coconut Herb Sauce over Cauliflower Rice Malibu Vegetable Blend Peas
25 CLOSED	26 NO DELIVERY	27 White Chicken Lasagna Mixed Vegetables Broccoli	28 Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Mexican Zucchini	29 Tuna Melt Stuffed Pepper Brussels Sprouts Malibu Vegetable Blend Mixed Fruit Cup Roll w/ Butter

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

<p>May 5 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.</p>	<p>May 11 Greek Beef Lasagna A layered pasta bake featuring penne, seasoned ground beef, and a creamy bechamel sauce infused with nutmeg and cloves. Topped with feta, mozzarella, and parmesan for a savory finish.</p>	<p>May 13 Peanut Tofu Stir-Fry Oven-baked tofu tossed in a creamy peanut sauce with sesame oil, soy sauce, and sweet chili, served over lightly sauteed cauliflower rice for a flavorful dish.</p>	
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SourcePoint Meals on Wheels Program

MAY - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Turkey & Mozzarella Sandwich w/ Pesto Aioli Kale Lemon Parmesan Salad Pears
4 Mozzarella, Tomato, & Chickpea Salad Italian Pasta Salad Pears 	5 Corn, Zucchini, & Arugula Salad w/ Feta 3 Bean Salad Watermelon Hawaiian Roll w/ Butter 	6 Turkey & Swiss Sandwich Herby Cauliflower & Chickpea Salad Tropical Ambrosia	7 Steak Cobb Salad Mixed Fruit Animal Crackers	8 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
11 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce 	12 Turkey Salad Sandwich Broccoli Craisin Salad w/ Almonds Sliced Apples	13 Seafood Salad Dilled Pasta Salad Tropical Fruit 	14 Italian Chopped Salad Italian Quinoa w/ Tomatoes & Basil Mixed Fruit 	15 Roast Beef & White Cheddar Sandwich Creamy Cucumber, Tomato, & Chickpea Salad Pears
18 Garden Salad Chickpea & Kidney Bean Salad Pears Colby Cheese Stick 	19 Turkey Taco Salad w/ Tortilla Strips Tropical Fruit Salad w/ Coconut Guacamole	20 Ham & Cheddar Sandwich Sweet Kale Salad w/ Pecans Sliced Apples	21 Egg Salad Sandwich Pesto White Bean & Arugula Salad Clementine 	22 Tuna Salad w/ Provolone Sandwich Kale Almond Salad Applesauce
25 CLOSED	26 NO DELIVERY	27 PB & Grape Jelly Uncrustable Mixed Fruit Baby Carrots Ranch Cup 	28 Roasted Tomato, Quinoa, Feta, & Arugula Salad 3 Bean Salad Grapes 	29 Turkey & Mozzarella Sandwich w/ Pesto Aioli Kale Lemon Parmesan Salad Pears

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HIGHLIGHTING MENU ITEMS

May 1 Turkey & Mozzarella w/ Pesto Turkey, mozzarella, lettuce, and tomato with a creamy pesto aioli, served with whole wheat bread for a fresh, flavorful sandwich.	May 5 Corn, Zucchini, & Arugula Salad 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 salad.	May 13 Seafood Salad 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.	
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