

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**MAY - HOT DAILY**

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 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Succotash
4 Beef Lasagna Brussels Sprouts Italian Vegetable Blend Garlic Bread	5 Indian Butter Cauliflower & Chickpeas White Rice Peas & Pearl Onions	6 BBQ Pulled Pork Sandwich Baked Beans Succotash	7 Honey Mustard Chicken over Herbed Wild Rice Northwest Vegetable Blend Brussels Sprouts Breadstick w/ Butter	8 Veggie Burger w/ White Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears
11 BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter	12 Lasagna Roll Up w/ Roasted Red Pepper Sauce Parmesan Vegetable Casserole Peas & Carrots Mandarin Oranges in Jello	13 Meatloaf Baby Bakers Succotash	14 Turkey Burger w/ White Cheddar & Guacamole Malibu Vegetable Blend Brussels Sprouts	15 Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Peach Cup
18 Teriyaki Turkey Rice Bowl Vegetable Spring Rolls Kyoto Vegetable Blend Clementine	19 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter	20 Burger w/ American & LTO Baked Beans Corn	21 Creamy Garlic Pork over Mashed Yukon Potatoes Mixed Vegetables Baked Peaches	22 TexMex Chicken & Zucchini Bake Corn Pudding Green Beans Applesauce Cup
25 <b>CLOSED</b>	26 <b>NO DELIVERY</b>	27 White Chicken Lasagna Mixed Vegetables Broccoli	28 Tropical Glazed Salmon over Brown Rice Kyoto Vegetable Blend Peas	29 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Succotash

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>May 5</b> Indian Cauliflower & Chickpeas Cauliflower and chickpeas simmered in a savory butter and tomato based sauce. Served with white rice for a warm, delicious meal.	<b>May 11</b> 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.	<b>May 18</b> 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.	
--	---	---	--

## SourcePoint Meals on Wheels Program

# MAY - COLD DAILY

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](mailto:spnutrition@mysourcepoint.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Arugula Citrus Salad w/ Pecans Mixed Fruit Animal Crackers 
<b>4</b> Egg Salad Sandwich Broccoli Craisin Salad w/ Almonds Mixed Fruit 	<b>5</b> Chicken Salad Sandwich Kale Lemon Parmesan Salad Tropical Fruit Baby Carrots	<b>6</b> Beef & Bleu Cheese Salad Roasted Broccoli, Almond, & Quinoa Salad Fresh Cut Fruit Blueberry Vanilla Bites	<b>7</b> Summer Cobb Salad w/ Guacamole Mini Banana Nut Loaf Pears 	<b>8</b> Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish
<b>11</b> Salmon Salad w/ Creamy Cilantro Lime Dressing Pineapple & Black Bean Salsa Colby Cheese Stick Tortilla Scoops	<b>12</b> Curried Chicken Salad w/ Almonds & Flatbread Creamy Cucumber & Chickpea Salad Tropical Fruit w/ Coconut	<b>13</b> Chef Salad Pears Mini Blueberry Loaf Strawberry Chex Mix	<b>14</b> Tomato, Cucumber, & Spinach Sandwich w/ Herbed Cream Cheese Spread Mixed Fruit Strawberry Chex Mix 	<b>15</b> Pesto Chickpea Vegetable Salad Vanilla Yogurt Fresh Cut Fruit Roll w/ Butter 
<b>18</b> Ham & Swiss Sandwich Carrot Raisin Salad Fresh Cut Fruit	<b>19</b> Roast Beef & Cheddar Sandwich Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	<b>20</b> BBQ Chicken Salad w/ Guacamole Pineapple Slaw Mixed Fruit	<b>21</b> Mediterranean Chickpea Salad Apricots Roasted Red Pepper Hummus Pita Wedges 	<b>22</b> Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches 
<b>25</b> <b>CLOSED</b>	<b>26</b> <b>NO DELIVERY</b>	<b>27</b> PB & Grape Jelly Uncrustable Mixed Fruit Baby Carrots Ranch Cup 	<b>28</b> Peach, Blueberry, & Almond Spinach Salad 3 Bean Salad Corn Muffin 	<b>29</b> Arugula Citrus Salad w/ Pecans Mixed Fruit Animal Crackers 

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>May 15</b> <b>Pesto Chickpea Veg Salad</b> A refreshing mix of chickpeas, crisp asparagus, spinach, and peas, tossed in a bright pesto-lemon dressing. Topped with creamy goat cheese.	<b>May 20</b> <b>BBQ Chicken Salad w/ Guac</b> 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.	<b>May 22</b> <b>Italian Tortellini Pasta Salad</b> Cheese tortellini topped with crisp broccoli, bell peppers, red onion, carrots, and artichoke hearts in golden Italian dressing for a refreshing summer pasta salad.	<b>May 29</b> <b>Arugula Citrus Salad w/ Pecans</b> A fresh blend of baby arugula, quinoa, and chickpeas, topped with sweet Mandarin oranges, toasted pecans, and feta. Served with a zesty citrus dressing.
---	--	--	--