

NAME _____

SourcePoint Meals on Wheels Program

MAY - 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
				1 Honey Lime Chicken Thigh over Coconut Rice Green Beans Carrots
4 BBQ Pork Loin w/ Peach BBQ Sauce over Mashed Potatoes Succotash Brussels Sprouts	5 Sloppy Joe Sandwich Roasted Yukon Potatoes Mixed Vegetables	6 White Bean Chicken Chili Green Beans Brussels Sprouts Tortilla Chips	7 Portobello Fajitas Seasoned Black Beans Corn	8 Potato Crusted Tilapia Lemon Herb Rice Peas & Carrots Roll w/ Butter
11 Veggie Cakes w/ Ranch Sauteed Super Greens & White Beans Country Apples	12 Bacon, Asparagus, & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables	13 Burger w/ Swiss, Onion, & Mushrooms Roasted Yukon Potatoes Succotash	14 Seared Cod w/ White Wine & Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter	15 Chicken Fajita Stuffed Pepper Seasoned Black Beans Corn
18 Lemon Ricotta Pasta Malibu Vegetable Blend Maple Spiced Pears	19 Summer Seafood & Potato Bake Green Beans Carrots	20 Quinoa & Vegetable Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick	21 Pineapple Bourbon Chicken over Asian Rice Kyoto Vegetable Blend Peas	22 Meatloaf Roasted Yukon Potatoes Brussels Sprouts Peach Cup
25 CLOSED	26 NO DELIVERY	27 White Chicken Lasagna Mixed Vegetables Broccoli	28 Turkey Burger w/ Swiss & Caramelized Onions Roasted Roma Tomatoes Succotash	29 Honey Lime Chicken Thigh over Coconut Rice Green Beans Carrots

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

May 1 Honey Lime Chicken Thigh Marinated chicken thigh seared and oven-finished, glazed with a flavorful honey-lime soy sauce infused with garlic and ginger.	May 6 White Bean Chicken Chili A creamy chicken and navy bean soup with sauteed peppers, onions, roasted corn, and a blend of warm spices. Finished with cream cheese and topped with cheddar for a comforting dish.	May 18 Lemon Ricotta Pasta Whole grain penne pasta tossed in a creamy ricotta sauce infused with garlic, lemon, and parmesan. Finished with fresh spinach and extra parmesan.	May 19 Summer Seafood & Potato Bake A hearty seafood medley of salmon, cod, and shrimp simmered with leeks, zucchini, mushrooms, and herbs in a creamy dijon sauce. Topped with crispy smashed potatoes.
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SourcePoint Meals on Wheels Program

MAY - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cottage Cheese w/ Pineapple & Celery Banana Muffin Trail Mix
4 Turkey & Swiss Wrap Kale Almond Salad Applesauce	5 Mushroom, Egg, & Bacon Spinach Salad Chickpea & Kidney Bean Salad Pears Strawberry Chex Mix	6 Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter	7 Tuna Salad over Salad Greens Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Animal Crackers	8 Hummus Vegetable Sandwich Pineapple Pistachio Ambrosia White Cheddar Popcorn
11 Asparagus, Egg, Bacon, & Walnut Salad Pears Graham Crackers Clementine	12 Steak, Blueberry, & Pecan Spinach Salad Sliced Apples w/ Peanut Butter Animal Crackers	13 Egg Salad Sandwich Baby Carrots Fresh Cut Fruit	14 Chicken Salad Wrap Honey Mustard Potato Salad Mixed Fruit	15 Beet & Mandarin Orange Salad Pears Blueberry Vanilla Bites
18 Greek Chicken & Grain Salad Baby Carrots Broccoli Roasted Red Pepper Hummus	19 Roasted Vegetable Sandwich w/ Herbed Ricotta Watermelon White Cheddar Popcorn	20 Strawberry Pecan Salmon Salad Tropical Fruit Salad w/ Coconut Blueberry Nutrigrain Cereal Bar	21 Beef & Summer Vegetable Salad Pesto Pasta Salad Mixed Fruit	22 Superfood Salad w/ Almonds Pears Mini Blueberry Loaf
25 CLOSED	26 NO DELIVERY	27 PB & Grape Jelly Uncrustable Mixed Fruit Baby Carrots Ranch Cup	28 Roast Beef & Swiss Sandwich Ranch Potato Salad Peaches Sliced Apples	29 Cottage Cheese w/ Pineapple & Celery Banana Muffin Trail Mix

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HIGHLIGHTING MENU ITEMS

May 15 Beet & Mandarin Orange Salad A vibrant kale salad with sweet Mandarin oranges, beets, and chickpeas, topped with red onion and creamy goat cheese. Served with a raspberry vinaigrette.	May 18 Greek Chicken & Grain Salad A fresh Greek-inspired salad with marinated chicken, quinoa, cucumbers, tomatoes, Kalamata olives, and red onions over crisp romaine, topped with feta cheese and served with Greek dressing.	May 19 Veggie Sandwich w/ Herbed Ricotta A colorful sandwich with roasted mushroom topped with roasted zucchini, yellow squash, red onion, and red bell pepper. Finished with herbed ricotta and served with wheat bread.	
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