

NAME _____

SourcePoint Meals on Wheels Program

JUNE - 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 Broccoli Cheddar Stuffed Chicken Mashed Redskin Potatoes Sauteed Super Greens & White Beans Roll w/ Butter	2 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	3 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Far East Vegetable Blend	4 Pork Loin w/ Savory Peach Sauce Mashed Redskin Potatoes Peas Roll w/ Butter	5 Corned Beef over Steamed Cabbage Herb Buttered Spaetzle Carrots Applesauce
8 Greek Beef Lasagna Peas & Pearl Onions Roasted Zucchini	9 Summer Veggie Pot Pie Broccoli Cauliflower	10 Peanut Tofu & Cauliflower Rice Stir-Fry Vegetable Spring Rolls	11 Carolina BBQ Pulled Pork Sandwich Mac-n-Cheese Brussels Sprouts Sliced Apples	12 Hawaiian Turkey Meatballs over White Rice Green Beans Kyoto Vegetable Blend
15 Hot Dog w/ Coney Sauce Sauteed Super Greens & White Beans Green Beans	16 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	17 Roasted Vegetable Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions	18 Roast Turkey w/ Gravy Sour Cream Mashed Yukon Potatoes Mixed Vegetables Cinnamon Spiced Peaches	19 Pork Meatballs w/ Coconut Herb Sauce over Cauliflower Rice Malibu Vegetable Blend Peas
22 Meatloaf Roasted Yukon Potatoes Kyoto Vegetable Blend	23 Turkey Burger w/ White Cheddar & Tomato Jam Broccoli White Cheddar Popcorn	24 Cauliflower & Chickpea Curry Cilantro Rice Carrots	25 Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Mexican Zucchini	26 Tuna Melt Stuffed Pepper Brussels Sprouts Malibu Vegetable Blend Mixed Fruit Cup Roll w/ Butter
29 Broccoli Cheddar Stuffed Chicken Mashed Redskin Potatoes Sauteed Super Greens & White Beans Roll w/ Butter	30 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches			

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

June 2 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.	June 8 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.	June 10 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.	June 23 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

JUNE - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mozzarella, Tomato, & Chickpea Salad Italian Pasta Salad Pears	2 Corn, Zucchini, & Arugula Salad w/ Feta 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	3 Turkey & Swiss Sandwich Herby Cauliflower Salad w/ Chickpeas Tropical Ambrosia	4 Steak Cobb Salad Mixed Fruit Animal Crackers	5 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
8 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	9 Turkey Salad Sandwich Broccoli Craisin Salad w/ Almonds Sliced Apples	10 Seafood Salad Dilled Pasta Salad Tropical Fruit	11 Italian Chopped Salad Italian Quinoa w/ Tomatoes Basil Salad Mixed Fruit	12 Roast Beef & White Cheddar Sandwich Creamy Cucumber, Tomato, & Chickpea Salad Pears
15 Garden Salad Chickpea & Kidney Bean Salad Pears Colby Cheese Stick	16 Turkey Taco Salad w/ Tortilla Strips Tropical Fruit Salad w/ Coconut	17 Ham & Cheddar Sandwich Sweet Kale Salad w/ Pecans Sliced Apples	18 Egg Salad Sandwich Pesto White Bean & Arugula Salad Clementine	19 Tuna Salad w/ Provolone Sandwich Kale Almond Salad Applesauce
22 PB & Grape Jelly Uncrustable Carrots & Broccoli w/ Ranch Fresh Cut Fruit	23 7 Layer Salad Roasted Vegetable & White Bean Pesto Salad Pears Roll w/ Butter	24 Steak, Walnut, & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	25 Roasted Tomato, Quinoa, Feta, & Arugula Salad 3 Bean Salad Grapes	26 Turkey & Mozzarella w/ Pesto Aioli Kale Lemon Parmesan Salad Pears
29 Mozzarella, Tomato, & Chickpea Salad Italian Pasta Salad Pears	30 Corn, Zucchini, & Arugula Salad w/ Feta 3 Bean Salad Watermelon Hawaiian Roll w/ Butter			

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HIGHLIGHTING MENU ITEMS

June 10 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.	June 23 7 Layer Salad 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.	June 26 Turkey & Mozzarella w/ Pesto Aioli Turkey, mozzarella, lettuce and tomato with a creamy pesto aioli, served with whole wheat bread for a fresh, flavorful meal.	June 30 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 dish.
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