

NAME \_\_\_\_\_

## SourcePoint Meals on Wheels Program

# JUNE - 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 Lasagna Brussels Sprouts Italian Vegetable Blend Garlic Bread	2 Indian Butter Cauliflower & Chickpeas White Rice Peas & Pearl Onions	3 BBQ Pulled Pork Sandwich Baked Beans Succotash	4 Honey Mustard Chicken over Herbed Wild Rice Northwest Vegetable Blend Brussels Sprouts Breadstick w/ Butter	5 Veggie Burger w/ White Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears
8 BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter	9 Lasagna Roll Up w/ Roasted Red Pepper Sauce Parmesan Vegetable Casserole Peas & Carrots Mandarin Oranges in Jello	10 Meatloaf Baby Bakers Succotash	11 Turkey Burger w/ White Cheddar & Guacamole Malibu Vegetable Blend Brussels Sprouts	12 Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Peach Cup
15 Teriyaki Turkey Rice Bowl Vegetable Spring Rolls Kyoto Vegetable Blend Clementine	16 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter	17 Burger w/ American & LTO Baked Beans Corn	18 Creamy Garlic Pork over Mashed Yukon Potatoes Mixed Vegetables Baked Peaches	19 TexMex Chicken & Zucchini Bake Corn Pudding Green Beans Applesauce Cup
22 Southwest Turkey Rice Casserole Mexican Sweet Potatoes Broccoli Mixed Fruit Cup	23 Creamy Pesto Veg Tortellini Peas California Veg Blend Garlic Bread	24 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	25 Tropical Glazed Salmon over Brown Rice Kyoto Veg Blend Peas	26 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Succotash
29 Beef Lasagna Brussels Sprouts Italian Vegetable Blend Garlic Bread	30 Indian Butter Cauliflower & Chickpeas White Rice Peas & Pearl Onions			

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>June 2</b> <b>Indian Cauliflower &amp; Chickpeas</b> Cauliflower and chickpeas simmered in a savory butter and tomato based sauce. Served with white rice for a warm, delicious meal.	<b>June 8</b> <b>BBQ Chicken Grain Bowl</b> 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>June 15</b> <b>Teriyaki Turkey Rice Bowl</b> Teriyaki glazed turkey with sauteed vegetables and pineapple, served over brown rice for a delicious blend of sweet and savory flavors.	
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## SourcePoint Meals on Wheels Program

# JUNE - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Egg Salad Sandwich Broccoli Craisin Salad w/ Almonds Mixed Fruit 	<b>2</b> Chicken Salad Sandwich Kale Lemon Parmesan Salad Tropical Fruit Baby Carrots	<b>3</b> Beef & Bleu Cheese Salad Roasted Broccoli, Almond, & Quinoa Salad Fresh Cut Fruit Blueberry Vanilla Bites	<b>4</b> Summer Cobb Salad w/ Guacamole Mini Banana Nut Loaf Pears 	<b>5</b> Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish
<b>8</b> Salmon Salad w/ Creamy Cilantro Lime Dressing Pineapple & Black Bean Salsa Colby Cheese Stick Tortilla Scoops 	<b>9</b> Curried Chicken Salad w/ Almonds & Flatbread Creamy Cucumber & Chickpea Salad Tropical Fruit w/ Coconut	<b>10</b> Chef Salad Pears Mini Blueberry Loaf Strawberry Chex Mix	<b>11</b> Tomato, Cucumber, & Spinach Sandwich w/ Herbed Cream Cheese Spread Mixed Fruit Strawberry Chex Mix 	<b>12</b> Pesto Chickpea Vegetable Salad Vanilla Yogurt Fresh Cut Fruit Roll w/ Butter 
<b>15</b> Ham & Swiss Sandwich Carrot Raisin Salad Fresh Cut Fruit	<b>16</b> Roast Beef & Cheddar Sandwich Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	<b>17</b> BBQ Chicken Salad w/ Guacamole Pineapple Slaw Mixed Fruit	<b>18</b> Mediterranean Chickpea Salad Apricots Roasted Red Pepper Hummus Pita Wedges 	<b>19</b> Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches 
<b>22</b> Tuna Pasta Salad Baby Carrots Tropical Fruit w/ Coconut	<b>23</b> Southwest Chicken Salad Wrap Mexican Street Corn Salad Cinnamon Spiced Peaches	<b>24</b> Turkey & Swiss Sandwich Bacon Pea Ranch Salad Fresh Cut Fruit	<b>25</b> Peach, Blueberry, & Almond Spinach Salad 3 Bean Salad Corn Muffin 	<b>26</b> Arugula Citrus Salad w/ Pecans Mixed Fruit Animal Crackers 
<b>29</b> Egg Salad Sandwich Broccoli Craisin Salad w/ Almonds Mixed Fruit 	<b>30</b> Chicken Salad Sandwich Kale Lemon Parmesan Salad Tropical Fruit Baby Carrots			

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Each meal comes with your selection of drink: Skim milk, 2% milk, low-fat chocolate milk, orange juice, apple juice.



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### HIGHLIGHTING MENU ITEMS

<b>June 12</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>June 17</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>June 19</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>June 26</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.
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