










NAME _____

SourcePoint Meals on Wheels Program

JUNE - 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 BBQ Pork Loin w/ Peach BBQ Sauce Mashed Redskin Potatoes Succotash Brussels Sprouts	2 Sloppy Joe Sandwich Roasted Yukon Potatoes Mixed Vegetables	3 White Bean Chicken Chili Green Beans Brussels Sprouts Tortilla Chips	4 Portobello Fajitas Seasoned Black Beans Corn 	5 Potato Crusted Tilapia  Lemon Herb Rice Peas & Carrots Roll w/ Butter
8 Veggie Cakes w/ Ranch Sautéed Super Greens & White Beans Country Apples 	9 Bacon, Asparagus, & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables	10 Burger w/ Swiss, Onions, & Mushrooms Roasted Yukon Potatoes Succotash	11 Seared Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter 	12 Chicken Fajita Stuffed Pepper Seasoned Black Beans Corn
15 Lemon Ricotta Pasta Malibu Vegetable Blend Maple Spiced Pears 	16 Summer Seafood & Potato Bake  Green Beans Carrots	17 Quinoa and Vegetable Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick 	18 Pineapple Bourbon Glazed Chicken over Asian Rice Kyoto Vegetable Blend Peas	19 Meatloaf Roasted Yukon Potatoes Brussels Sprouts Peach Cup
22 Roasted Vegetable Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions 	23 Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce	24 Cheese Pizza Mixed Vegetables Maple Spiced Peaches 	25 Turkey Burger w/ Swiss & Caramelized Onions Roasted Roma Tomatoes Succotash	26 Honey Lime Chicken Thigh over Coconut Rice Green Beans Carrots
29 BBQ Pork Loin w/ Peach BBQ Sauce Mashed Redskin Potatoes Succotash Brussels Sprouts	30 Sloppy Joe Sandwich Roasted Yukon Potatoes Mixed Vegetables			

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 3 White Bean Chicken Chili A creamy chicken and navy bean soup with sautéed peppers, onions, roasted corn and a blend of warm spices. Finished with cream cheese and topped with cheddar for a	June 15 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.	June 16 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.	June 26 Honey Lime Chicken Thigh Marinated chicken thighs seared and oven-finished, glazed with a flavorful honey-lime soy sauce infused with garlic and ginger.
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SourcePoint Meals on Wheels Program

JUNE - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey & Swiss Wrap Kale Almond Salad Applesauce	2 Mushroom, Egg, Bacon, & Spinach Salad Chickpea & Kidney Bean Salad Pears Strawberry Chex Mix	3 Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter 	4 Tuna Salad over Salad Greens Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Animal Crackers	5 Hummus Vegetable Sandwich Pineapple Pistachio Ambrosia White Cheddar Popcorn
8 Asparagus, Egg, Bacon, & Walnut Salad Pears Graham Crackers Clementine	9 Steak, Blueberry, & Pecan Spinach Salad Sliced Apples w/ Peanut Butter Animal Crackers	10 Egg Salad Sandwich Baby Carrots Fresh Cut Fruit 	11 Chicken Salad Wrap Honey Mustard Potato Salad Mixed Fruit	12 Beet & Mandarin Orange Salad Pears Blueberry Vanilla Bites
15 Greek Chicken & Grain Salad Roasted Red Pepper Hummus Broccoli & Carrots	16 Roasted Vegetable Sandwich w/ Herbed Ricotta Watermelon White Cheddar Popcorn 	17 Strawberry Pecan Salmon Salad Tropical Fruit Salad Blueberry Cereal Bar 	18 Beef & Summer Vegetable Salad Pesto Pasta Salad Mixed Fruit	19 Superfood Salad w/ Almonds Pears Mini Blueberry Loaf
22 Summer Chicken BLT Salad Broccoli Craisin Salad w/ Almonds Fresh Cut Fruit Baby Carrots	23 Black Bean Taco Dip w/ Tortilla Chips Roasted Sweet Potato, Corn, & Black Bean Salad Mandarin Oranges 	24 Dilled Pasta Salad w/ Bay Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit 	25 Roast Beef & Swiss Sandwich Ranch Potato Salad Peaches Sliced Apples	26 Cottage Cheese & Pineapple Plate Banana Muffin Trail Mix
29 Turkey & Swiss Wrap Kale Almond Salad Applesauce	30 Mushroom, Egg, Bacon, & Spinach Salad Chickpea & Kidney Bean Salad Pears Strawberry Chex Mix			

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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

June 12 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.	June 15 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.	June 23 Black Bean Taco Dip A creamy black bean dip blended with sour cream and cream cheese, topped with fresh corn and tomato salsa, queso fresco and sour cream. Served with crispy tortilla chips.	June 24 Dilled Pasta Salad w/ Bay Shrimp A refreshing shrimp and macaroni salad with crisp celery, peppers and red onion, tossed in a light lemon-dill dressing with mayonnaise and sour cream for a creamy, zesty finish.
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