

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT CARB CONTROLLED

Cancellations must be received by 11am, 1 business day in advance
 To order alternate meals, please call 2 business days in advance
 (740) 203-2433 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheese Lasagna Roll-Ups w/ Roasted Red Pepper Sauce Green Beans California Vegetable Blend	2 Cheesesteak Stuffed Peppers Herb Roasted Redskin Potatoes Malibu Vegetable Blend	3 Garlic Chicken Stir-fry Brown Rice Midori Vegetable Blend
6 CLOSED FOR LABOR DAY	7 NO MEAL DELIVERY Use Frozen Holiday Meals	8 Cheese Omelet Breakfast Potatoes Country Apples	9 Salsa Chicken Refried Beans Roasted Zucchini	10 Turkey Burger w/Bun Provolone Cheese Onions & Mushrooms Broccoli Mixed Vegetables
13 Quinoa Stuffed Pepper Key West Vegetable Blend Succotash	14 Meatloaf Roasted Redskin Potatoes Green Beans	15 Cauliflower Curry Cilantro Rice Steamed Baby Carrots	16 BBQ Pulled Pork Macaroni & Cheese Sauteed Super Greens	17 Pesto Bruschetta Chicken European Vegetable Blend Brussel Sprouts Breadstick
20 Broccoli Stuffed Chicken Roasted Redskin Potatoes Mixed Vegetables	21 Turkey Lasagna Stuffed Zucchini Malibu Vegetable Blend Green Beans Whole Wheat Dinner Roll	22 Greek Stewed Vegetables w/ Feta Cheese Roasted Yukon Potatoes Spinach	23 Corned Beef Steamed Cabbage Roasted Yukon Potatoes Steamed Baby Carrots	24 Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Key West Vegetable Blend
27 Spring Baked Pasta w/ Lemon Ricotta Roasted Zucchini Kyoto Vegetable Blend	28 Quinoa Turkey Curry Bowl Spinach Broccoli	29 Peanut Tofu & Cauliflower Rice Stir-Fry Vegetarian Egg Roll Far East Vegetable Blend	30 Hamburger w/Bun American Cheese Lettuce/Onion/Tomato Corn Watermelon	

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.

HIGHLIGHTING MENU ITEMS

SEPTEMBER 15	SEPTEMBER 17	SEPTEMBER 22	SEPTEMBER 24
CAULIFLOWER CURRY Cauliflower simmered in a rich coconut sauce seasoned with a blend of cinnamon, curry and ginger.	PESTO BRUSCHETTA CHICKEN Roasted chicken topped with a delicious medley of roma tomatoes, onions and basil pesto.	GREEK STEWED VEGETABLES Fresh eggplant, cauliflower, broccoli, green peppers, and zucchini simmered in vegetable stock, topped with feta cheese and served with fluffy pita bread.	PORK MEATBALLS W/COCONUT SAUCE Pork meatballs simmered in a sweet and savory sauce made with coconut milk.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Caesar Salad Three Bean Salad Tomato Wedges	2 Turkey Club w/Wheat Bread Apricots Mandarin Oranges	3 Israeli Salad Grapes Whole Wheat Crackers
6 CLOSED FOR LABOR DAY	7 NO MEAL DELIVERY Use Frozen Holiday Meals	8 Corned Beef w/Rye Bread Swiss Cheese Mixed Fruit Applesauce	9 Peach, Blueberry & Almond Spinach Salad Watermelon Whole Wheat Crackers 	10 Citrus Chicken Salad w/Almonds Mixed Fruit Whole Wheat Crackers
13 Egg Salad Wheat Bread Peaches Pears 	14 Shredded Turkey & Wheatberry Salad Apricots Whole Wheat Crackers	15 Steak Cobb Salad Mandarin Oranges Whole Wheat Crackers	16 Corn & Zucchini Salad w/Feta Creamy Cucumber, Tomato & Chickpea Salad Watermelon 	17 Cauliflower & Broccoli Ham Salad Peaches Whole Wheat Crackers
20 Veggies w/Wheat Bread Guacamole Cheddar Cheese Cubes Applesauce 	21 Roast Beef Lettuce Wrap Macaroni Salad Tropical Fruit	22 Thai Chicken Salad w/Peanuts Mandarin Oranges Tropical Fruit	23 Greek Stuffed Portobello w/Tofu Grapes Pears 	24 Turkey & Mozzarella w/ Pesto Aioli on Wheat Bread Roasted Zucchini Salad Mixed Fruit
27 Lentil, Kale, & Almond Salad Tomato & Cucumber Salad Pears 	28 Creamy Chicken & Bacon Broccoli Salad Fresh Cut Fruit Pears	29 Steak, Walnut & Bleu Cheese Salad Fresh Cut Fruit Apricots	30 Couscous Salad w/Shrimp & Lime Basil Vinaigrette Tropical Fruit Whole Wheat Crackers	

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HIGHLIGHTING NEW MENU ITEMS

SEPTEMBER 3	SEPTEMBER 13	SEPTEMBER 14	SEPTEMBER 22	SEPTEMBER 23
ISRAELI SALAD Cucumbers, tomatoes, bell peppers, and red onion mixed with couscous and dressed with a lemon oil vinaigrette. 	SUMMER QUINOA SALAD Quinoa, cucumbers, peppers, dried cranberries, garbanzo beans and crunchy sunflower seeds tossed in a honey dijon vinaigrette. 	TURKEY & WHEATBERRY SALAD Chewy grain tossed with shredded turkey, kale, onion, red grapes and feta cheese tossed in a tangy honey dijon dressing.	THAI CHICKEN SALAD Thin sliced Napa and red cabbage, onions, carrots, and shredded chicken tossed in a savory vinaigrette and topped with crunchy peanuts.	GREEK STUFFED PORTOBELLO Fresh portobello mushroom topped with Kalamata olives, feta cheese, tofu, tomatoes, and spinach and served on a bed of lettuce.