





NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

Cancellations must be received by 11am, 1 business day in advance
 To order alternate meals, please call 2 business days in advance
 (740) 203-2432 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Southwest Turkey Rice Casserole Mexican Street Corn Roasted Zucchini	2 Coconut Lime Shrimp & Summer Vegetables White Rice Key West Vegetable Blend	3 Baked Spaghetti w/Mini Meatballs Peas & Carrots Italian Vegetable Blend
6 CLOSED FOR LABOR DAY	7 NO MEAL DELIVERY Use Frozen Holiday Meals	8 Hawaiian Pulled Pork w/Bun Green Beans Maui Vegetable Blend	9 Turkey w/Gravy Roasted Yukon Potatoes Green Bean Casserole	10 Hamburger w/Bun American Cheese Lettuce/Onion/Tomato Corn Coleslaw
13 Hot Dog w/Bun Roasted Yukon Potatoes Corn	14 White Cheddar Macaroni & Cheese Stewed Tomatoes Mixed Vegetables 	15 Caprese Chicken Baby Bakers Potatoes Broccoli	16 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend	17 Creamy Pesto Vegetable Totellini Peas & Pearl Onions California Vegetable Blend 
20 BBQ Pulled Pork w/ Bun Macaroni & Cheese Green Beans	21 Vegetable Teriyaki w/Cashews Brown Rice Broccoli 	22 Beef Lasagna Peas & Carrots Italian Vegetable Blend	23 Fried Chicken Legs Roasted Redskin Potatoes Kyoto Vegetable Blend	24 Belgium Waffle w/Blueberries Potatoes O'Brien Yogurt Cup 
27 TexMex Chicken & Zucchini Bake Spanish Rice Corn	28 Cheese Lasagna Roll-Up w/ Roasted Red Pepper Sauce Peas & Pearl Onions Italian Vegetable Blend 	29 Bratwurst & Sauerkraut Roasted Redskin Potatoes Country Apples	30 Turkey Tetrazzini Steamed Carrots Roasted Roma Tomatoes	

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 1	SEPTEMBER 21	SEPTEMBER 27
MEXICAN STREET CORN Corn and red onion tossed in a creamy citrus sauce and topped with queso fresco.	VEGETABLE TERIYAKI Colorful medley of peppers, broccoli, squash, mushrooms, zucchini, onions, sugar snap peas, carrots and crunchy cashews tossed with a delicious teriyaki sauce and served over rice.	TEXMEX CHICKEN & ZUCCHINI BAKE Roasted chicken, black beans and tomatoes with Southwest style seasonings topped with cheddar cheese.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Roast Beef w/Wheat Bread Cheddar Cheese Broccoli Raisin Salad w/ Sunflower Seeds Mixed Fruit	2 Roasted Vegetable Lentil Salad Pears Whole Wheat Crackers 	3 Ham Salad w/Croissant Pineapple Slaw Grapes
6 CLOSED FOR LABOR DAY	7 NO MEAL DELIVERY Use Frozen Meal Delivery	8 Turkey w/Rye Bread Swiss Cheese Potato Salad Fresh Cut Fruit	9 Thai Cashew Coconut Rice w/ Ginger Peanut Sauce Mandarin Oranges Tropical Fruit 	10 Tortellini Greek Pasta Salad Apricots Grapes
13 Turkey w/Wheat Bread Swiss Cheese Italian Pasta Salad Peaches	14 Chicken Caesar Salad Fresh Cut Fruit	15 Summer Corn, Tomato & White Bean Salad Mandarin Oranges Mixed Fruit 	16 Moroccan Barley Salad Mandarin Oranges Tropical Fruit 	17 Tuna Pasta Salad Fresh Cut Fruit Pineapple Whole Wheat Crackers
20 Egg Salad w/Croissant Three Bean Salad Mixed Fruit 	21 Caprese Chicken Salad Pesto Pasta Salad Fresh Cut Fruit	22 Ranch Turkey Wrap Apricots Mandarin Oranges	23 Chipotle Lime Bean Salad Pineapple Mandarin Oranges 	24 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Whole Wheat Dinner Roll
27 Roast Beef w/Wheat Bread Cheddar Cheese Lemon Dill Potato Salad Pears	28 Mexican Rice Salad Mexican Street Corn Tropical Fruit 	29 Flaked Salmon Salad Greek Pasta Salad Mandarin Oranges Whole Wheat Crackers	30 Pesto Chickpea Veggie Salad Pears Peaches Flatbread 	

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HIGHLIGHTING NEW MENU ITEMS

SEPTEMBER 2	SEPTEMBER 3	SEPTEMBER 9	SEPTEMBER 16	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD Roasted onions, sweet potato, carrots, zucchini and lentils served on a bed of lettuce topped with feta cheese. 	PINEAPPLE SLAW Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	THAI CASHEW COCONUT RICE BOWL Shredded cabbage, peppers, onions and crunchy cashews tossed in a peanut ginger sauce and served on a bed of coconut flavored rice. 	MOROCCAN BARLEY SALAD Sweet and savory salad full of diced peppers, onions, garbanzo beans, apricots, almonds and barley. 	MEXICAN STREET CORN Corn and red onion tossed in a creamy citrus sauce and topped with queso fresco.