

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**OCTOBER - 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) 203-2432 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>CLOSED NO MEAL DELIVERY</b>
<b>CLOSED NO MEAL DELIVERY</b>	Stuffed Chicken Baby Bakers Potatoes Green Beans	Indonesian Fried Cauliflower Rice Sauteed Bok Choy & Cabbage Carrots	Shepherd's Pie Green Beans Malibu Vegetable Blend	BBQ Pulled Pork Baked Beans Maui Vegetable Blend Hawaiian Dinner Roll
Greek Beef Lasagna Broccoli Mixed Vegetables	Mushroom & Swiss Quiche Brussels Sprouts Stewed Tomatoes Sliced Apples	Vegetable Lasagna Peas & Pearl Onions Malibu Vegetable Blend Breadstick	Cuban Chicken Casserole Seasoned Pinto Beans Green Beans	Turkey Burger w/Bun White Cheddar Cheese Malibu Vegetable Blend Corn
Roasted Turkey w/Gravy Roasted Sweet Potatoes Green Bean Casserole Applesauce Cup	Cubed Pork w/Herbed Gravy Baby Bakers Malibu Vegetable Blend	Eggplant Hash Scrambled Eggs Breakfast Potatoes Country Apples	Corned Beef & Cabbage Roasted Potatoes Steamed Carrots Mixed Fruit Cup	Broccoli & Cheddar Chicken Mashed Potatoes Succotash
Turkey Meatloaf Whipped Cauliflower Mixed Vegetables	Tilapia over Spinach w/ Lemon Butter Sauce Sour Cream Mashed Potatoes Kyoto Vegetables	Mushroom Quinoa Patties Swiss Cheese Roasted Tomatoes Brussels Sprouts	BBQ Beef Baked Beans Broccoli Hawaiian Dinner Roll	Tex-Mex Chicken Casserole Green Beans Tropical Fruit Cup

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**

OCTOBER 7	OCTOBER 11	OCTOBER 20	OCTOBER 25
<b>SHEPHERD'S PIE</b>	<b>GREEK BEEF LASAGNA</b>	<b>EGGPLANT HASH</b>	<b>WHIPPED CAULIFLOWER</b>
A delicious mixture of ground beef, carrots, celery and peas topped with creamy chive mashed potatoes.	A twist on the traditional dish using some Greek components like feta cheese and a creamy Bechamel sauce.	Savory eggplant and onions mixed with Halloumi cheese and served atop scrambled eggs.	Cauliflower, milk and parmesan cheese whipped until smooth.

## SourcePoint Meals on Wheels Program

# OCTOBER - COLD CARB CONTROLLED

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(740) 203-2432 or [spnutrition@mysourcepoint.org](mailto:spnutrition@mysourcepoint.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> CLOSED NO MEAL DELIVERY
<b>4</b> CLOSED NO MEAL DELIVERY	<b>5</b> Turkey w/Wheat Bread Cheddar Cheese Three Bean Salad Tropical Fruit	<b>6</b> Mediterranean Chickpea Tuna Salad Three Bean Salad Peaches 	<b>7</b> Pecan Chicken Salad w/ Wheat Bread White Cheddar Popcorn Applesauce	<b>8</b> Black Bean Taco Salad Swiss Cheese Cubes Mandarin Oranges 
<b>11</b> Bibb & Bean Burrito Bowl Cheddar Cheese Cubes Tropical Fruit 	<b>12</b> Roast Beef w/ Wheat Bread Cheddar Cheese Cottage Cheese Pineapple	<b>13</b> Crustless Shrimp & Spinach Quiche Pineapple Pistachio Ambrosia Salad Peaches 	<b>14</b> Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Apricots 	<b>15</b> Mexican Salad Tortilla Chips & Guacamole Clementine 
<b>18</b> Korean BBQ Veggie Quinoa Bowl Mandarin Oranges Fortune Cookie 	<b>19</b> Peanut Thai Quinoa Salad Cucumber Salad Tropical Fruit 	<b>20</b> Tuna Pasta Salad Mixed Fruit Wheat Crackers 	<b>21</b> Chicken Salad w/Croissant Coleslaw Apple Slices	<b>22</b> Beef, Bean, Rice & Spinach Salad Fresh Cut Fruit Wheat Crackers
<b>25</b> Egg Salad w/Wheat Bread Mixed Fruit Cheez-it's 	<b>26</b> Beet, Almond, Argula & Feta Salad Mandarin Oranges Mixed Fruit 	<b>27</b> Corned Beef w/Rye Bread Swiss Cheese Tomato Wedges Applesauce	<b>28</b> BLT Chicken Salad w/Ranch Mixed Fruit Whole Wheat Dinner Roll	<b>29</b> Veggie Sandwich w/Wheat Bread Guacamole Cheddar Cheese Cubes Applesauce 

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### HIGHLIGHTING NEW MENU ITEMS

OCTOBER 5	OCTOBER 11	OCTOBER 18	OCTOBER 28
<b>FRENCH QUICHE</b>	<b>BIBB &amp; BEAN BURRITO BOWL</b>	<b>KOREAN BBQ QUINOA BOWL</b>	<b>BLT CHICKEN SALAD</b>
Savory quiche with caramelized onions and bacon.	Bibb lettuce, red bell peppers, grape tomatoes, green onions, corn and black beans make up this burrito bowl. Seasoned with chili powder and cumin with fresh lime.	Quinoa topped with garbanzo beans, brussels sprouts, carrots, peppers, onions, zucchini and corn tossed in a Korean BBQ sauce.	Your favorite BLT, but in salad form. Fresh romaine lettuce and grape tomatoes mixed with bacon bits, hardboiled eggs and topped with chicken and ranch dressing.