

NAME _____

SourcePoint Meals on Wheels Program

OCTOBER - 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
				CLOSED NO MEAL DELIVERY
4 CLOSED NO MEAL DELIVERY	5 Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	6 Bratwurst & Sauerkraut Potatoes O'Brien Mixed Vegetables Applesauce	7 Turkey Chili Stuffed Sweet Potato Broccoli Corn	8 Chicken & Noodles Sour Cream Mashed Potatoes Peas
11 Ginger Glazed Salmon White Rice Curried Vegetables 	12 Vegetable Lasagna Peas Key West Vegetable Blend Garlic Bread 	13 Belgium Waffle w/Blueberries Hash Browns Country Apples 	14 Turkey Pot Pie w/Biscuit Succotash Broccoli	15 Baked Spaghetti w/Mini Meatballs Lima Beans Garlic Green Beans
18 Chicken Cordon Bleu White Rice California Vegetable Blend Whole Wheat Dinner Roll	19 Bean & Rice Bowl Mexican Street Corn Roasted Zucchini Mandarin Oranges	20 Meatloaf Roasted Potatoes Mixed Vegetables Whole Wheat Dinner Roll	21 Kielbasa over Steamed Cabbage Potatoes O'Brien Peas	22 Tuna Noodle Casserole Broccoli Green Beans
25 Stuffed Cabbage w/Marinara Roasted Potatoes Broccoli	26 Vegetable Frittata Herb Roasted Potatoes Brussels Sprouts Biscuit 	27 Thai Basil Pork Vegetable Brown Rice Sauteed Super Greens	28 Fried Chicken Legs Roasted Sweet Potatoes Succotash Cornbread	29 Tuscan White Bean, Spinach & Sundried Tomato Bake Key West Vegetable Blend Roasted Cauliflower Breadstick

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 14	OCTOBER 19	OCTOBER 27
TURKEY CHILI SWEET POTATO	TURKEY POT PIE	MEXICAN STREET CORN	THAI BASIL PORK
Baked sweet potato topped with a savory turkey chili.	A twist on classic pot pie. This has hearty turkey and vegetables and is topped with a Southern Style biscuit.	Corn and red onion combined with a creamy citrus sauce and topped with queso fresco.	Ground pork in a sweet Asian glaze with fresh basil.

SourcePoint Meals on Wheels Program

OCTOBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CLOSED NO MEAL DELIVERY
4 CLOSED NO MEAL DELIVERY	5 Chicken Salad Italian Pasta Salad Tropical Fruit	6 Beef Mexican Salad Tropical Fruit Mandarin Oranges	7 Roasted Red Pepper Hummus Baby Carrots Broccoli Mixed Fruit Pita Bread	8 Roasted Brussel Sprout & Quinoa Salad w/Almonds Fresh Cut Fruit Peaches
11 Turkey Salad w/Croissant Applesauce Cheez-it's	12 Ham on Wheat Bread Swiss Cheese Tomato Wedges Mixed Fruit	13 Chicken Salad Wrap Three Bean Salad Pears Caesar Dressing	14 Vanilla Yogurt Parfait Sliced Apples Scone	15 Tuna Salad over Salad Greens Veggie Pasta Salad Mandarin Oranges Whole Wheat Dinner Roll
18 Mediterranean Chickpea Salad Apricots Pita Bread	19 Roast Beef on Wheat Bread Cheddar Cheese Kale, Sweet Potato & Quinoa Salad Pears	20 Southwest Chicken Salad Wrap Fresh Cut Fruit Peaches	21 Egg Salad Pears White Cheddar Popcorn Wheat Crackers	22 Pesto Tortellini Pasta Salad w/Pepperoni Tomato & Cucumber Salad Apricots
25 Bruschetta Chicken Pasta Salad Fresh Cut Fruit Whole Wheat Dinner Roll	26 Roast Beef on Rye Bread Swiss Cheese Mixed Fruit Cheddar Rice Cakes	27 Shrimp Cocktail Dill Pasta Salad Mandarin Oranges	28 Autumn Salad w/Pecans Pears Whole Wheat Dinner Roll	29 Turkey Club on Wheat Bread Mandarin Oranges Apricots

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HIGHLIGHTING NEW MENU ITEMS

OCTOBER 13	OCTOBER 14	OCTOBER 19	OCTOBER 28
THREE BEAN SALAD	VANILLA YOGURT PARFAIT	KALE, SWEET POTATO & QUINOA SALAD	AUTUMN SALAD W/PECANS
Sweet and sour marinade gives this trio of green beans, wax beans and dark kidney beans its tangy flavor.	A delicious parfait with vanilla yogurt, Western Michigan mixed fruit and a toasted oat granola topped with whipped cream.	A bright salad of rainbow kale, sweet potato and quinoa topped with poppyseed dressing.	Roasted butternut squash mixed with beets and garbanzo beans served atop a bed of mixed greens. Topped with toasted pecans and goat cheese.