








NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**OCTOBER - HOT LOW SODIUM**

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>1</b> CLOSED NO MEAL DELIVERY
<b>4</b> CLOSED NO MEAL DELIVERY	<b>5</b> BBQ Pork Riblet Tri-Colored Potatoes Corn	<b>6</b> Quinoa & Veggie Stuffed Pepper Succotash Whole Wheat Dinner Roll 	<b>7</b> Roasted Pork w/Gravy Scalloped Potatoes California Vegetable Blend	<b>8</b> Meatloaf Roasted Potatoes Corn
<b>11</b> Roasted Veggie w/Pasta Peas Malibu Vegetable Blend 	<b>12</b> Roast Turkey w/Gravy Mashed Sweet Potatoes Mixed Vegetables Mixed Fruit Cup	<b>13</b> Beef Stroganoff Kyoto Vegetable Blend Peas & Carrots	<b>14</b> Mushroom Burger w/White Cheddar Cheese Roasted Potatoes Sauteed Super Greens 	<b>15</b> Pulled Pork Baby Bakers Potatoes Green Beans Mixed Fruit Cup
<b>18</b> Hamburger w/Bun Swiss Cheese Lettuce/Tomato/Onion Roasted Potatoes Coleslaw	<b>19</b> Citrus Glazed Tilapia Brown Rice Mixed Vegetables 	<b>20</b> Pork Saute Brown Rice Garlic Green Beans	<b>21</b> Chicken w/Mushroom Gravy Roasted Potatoes Kyoto Vegetable Blend	<b>22</b> Southwestern Vegan Bowl Roasted Zucchini Cornbread 
<b>25</b> Pork Loin w/Roasted Garlic Compote Roasted Potatoes Succotash	<b>26</b> Turkey Burger w/Bun Swiss Cheese Caramelized Onions Roasted Tomatoes Malibu Vegetable Blend	<b>27</b> Italian Vegetable & White Bean Bake Whipped Parsnips Green Beans Diced Peach Cup 	<b>28</b> Grilled Salmon Cilantro Rice Key West Vegetable Blend Whole Wheat Dinner Roll 	<b>29</b> Beef Tenderloin w/Mushroom Sauce Roasted Potatoes Steamed Baby Carrots Whole Wheat Dinner Roll

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 5	OCTOBER 14	OCTOBER 22	OCTOBER 27
<b>SPINACH &amp; ARTICHOKE CHICKEN</b>	<b>SAUTEED SUPER GREENS</b>	<b>SOUTHWESTERN VEGAN BOWL</b>	<b>WHIPPED PARSNIPS</b>
Creamy spinach and artichoke mixture made with cream cheese and garlic served atop a chicken breast.	Sauteed shredded kale, broccoli, brussels sprouts, and cabbage with garlic and onion.	Sweet potatoes, black beans, lentils and brown rice tossed in a red wine vinaigrette.	Fresh parsnips combined with sage, garlic and cream whipped until smooth.

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# OCTOBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> CLOSED NO MEAL DELIVERY
<b>4</b> CLOSED NO MEAL DELIVERY	<b>5</b> Egg Salad Carrot Raisin Salad Applesauce 	<b>6</b> Roasted Chicken & Spinach Salad w/Almonds Vanilla Yogurt Peaches	<b>7</b> Lentil & Quinoa Salad Apricots Whole Wheat Crackers 	<b>8</b> Roasted Red Pepper Hummus Broccoli & Carrots Swiss Cheese Cubes Apricots Pita Bread 
<b>11</b> BLT w/Wheat Bread Grapes Applesauce	<b>12</b> Honey Mustard Chicken Wrap Ambrosia Salad	<b>13</b> Mediterranean Broccoli Pasta Salad Apricots Prunes Pita Bread 	<b>14</b> Spinach & Roast Beef Salad Swiss Cheese Cubes Mixed Fruit	<b>15</b> Wild Rice, Butternut Squash, Craisin & Pecan Salad Spiced Pears Whole Wheat Crackers 
<b>18</b> Blueberry, Spinach, Salmon Salad Pears Whole Wheat Crackers 	<b>19</b> Turkey & Swiss Tortilla Wrap Tomato Wedges Mixed Fruit	<b>20</b> Chipotle Lime Cauliflower Taco Bowl Mexican Street Corn Tropical Fruit 	<b>21</b> Mediterranean Grain Bowl Peaches Fresh Cut Fruit 	<b>22</b> Cottage Cheese Pineapple Mandarin Oranges Banana Muffin 
<b>25</b> Portobello w/Hummus & Bun Peaches White Cheddar Popcorn 	<b>26</b> Shaved Pork w/Bun Tomato Wedges Applesauce	<b>27</b> Italian Chicken Caesar Wrap Apricots	<b>28</b> Superfood Salad w/Almonds Pears 	<b>29</b> Egg Salad w/Croissant Baby Carrots Mixed Fruit 

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**HIGHLIGHTING NEW MENU ITEMS**

OCTOBER 12	OCTOBER 15	OCTOBER 21	OCTOBER 26
<b>AMBROSIA</b>	<b>SPICED PEARS</b>	<b>MEDITERRANEAN GRAIN BOWL</b>	<b>SHAVED PORK SANDWICH</b>
A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows.	Sweet pears mixed with cinnamon creates a new delicious treat.	Zucchini, tomatoes, garbanzo beans, avocado and feta over a mixture of lentils and farro rice.	Seasoned pork loin, shaved and topped with caramelized onions and provolone cheese served on a bun.