

NAME _____

SourcePoint Meals on Wheels Program

NOVEMBER - 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) 204-2434 or spnutrition@mysourcepoint.org



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 1 BBQ Pulled Pork Scalloped Potatoes Green Beans | 2 Roasted Vegetable Pasta Bake Peas Carrots  | 3 Chicken Tikka Masala White Rice Roasted Curried Vegetables | 4 Sloppy Joe w/Bun Roasted Potatoes Malibu Vegetable Blend | 5 Teriyaki Salmon Asian Rice Noodles Far East Vegetable Blend Oriental Vegetable Blend  |
| 8 Roasted Turkey w/Gravy Cranberry Cornbread Stuffing California Vegetable Blend Whole Wheat Dinner Roll | 9 White Cheddar Mac & Cheese Stewed Tomatoes Kyoto Vegetable Blend Mandarin Orange Cup  | 10 Root Beer Braised Pork Roasted Potatoes Green Beans Cornbread | 11 Potato Crusted Tilapia Lemon Herb Rice Malibu Vegetable Blend Breadstick  | 12 Meatloaf Sandwich w/Hawaiian Bun Caramelized Onions Gouda Cheese Corn & Peas |
| 15 Philly Cheesesteak Sandwich Roasted Potatoes Sliced Apples | 16 Creamy Sundried Tomato Pasta Italian Vegetable Blend Brussels Sprouts  | 17 Bratwurst & Sauerkraut Potatoes O'Brien Mixed Vegetable Blend Applesauce Cup | 18 Turkey Chili Stuffed Sweet Potato Broccoli Corn | 19 Chicken & Noodles Mashed Potatoes Peas |
| 22 Ginger Glazed Salmon White Rice Curried Vegetables  | 23 Vegetable Lasagna Peas Key West Vegetable Blend Garlic Bread  | 24 Belgium Waffle w/Blueberries Hash Brown Potatoes Country Apples | 25 CLOSED FOR THANKSGIVING NO MEAL DELIVERY | 26 CLOSED FOR THANKSGIVING NO MEAL DELIVERY |
| 29 Chicken w/Gravy Baby Bakers Potatoes Malibu Vegetable Blend | 30 Bean & Rice Bowl Mexican Street Corn Roasted Zucchini Mandarin Orange 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

| NOVEMBER 3 | NOVEMBER 12 | NOVEMBER 17 | NOVEMBER 22 |
|---|--|--|--|
| CHICKEN TIKKA MASALA | MEATLOAF ON HAWAIIAN BUN | POTATOES O'BRIEN | GINGER GLAZED SALMON |
| Chicken in a red Indian sauce made up of tomatoes, tikka masala seasoning and coconut milk. | Your favorite meatloaf served sliced with gouda cheese and caramelized onions on a sweet Hawaiian bun. | Red potatoes, onions, red and green bell peppers with a garlic herb seasoning. | Delicious salmon with a ginger honey glaze served atop white rice. |

SourcePoint Meals on Wheels Program

NOVEMBER - COLD DAILY

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 1 Ham w/Wheat Bread Swiss Cheese Maple Spiced Peaches Applesauce | 2 Strawberry & Salmon Salad Pears | 3 Greek Steak Salad Apricots Wheat Crackers | 4 Calico Salad Peaches Cornbread | 5 Citrus Chicken Salad w/Almonds & Croissant Mixed Fruit Apricots |
| 8 BLT w/Wheat Bread Mandarin Oranges White Cheddar Popcorn | 9 Beef Taco Salad Mexican Corn Salad Tropical Fruit | 10 Egg Salad w/Wheat Bread Three Bean Salad Fresh Cut Fruit | 11 Egyptian Barley Salad Apricots Pineapple Whole Wheat Dinner Roll | 12 Roasted Red Pepper & Chicken Pasta Salad Peaches Wheat Crackers |
| 15 Chicken Salad w/Wheat Bread Kale Almond Side Salad Ambrosia | 16 Grilled Salmon, Red Onion & Feta Cheese Salad Mixed Fruit Apricots Breadstick | 17 Beef Mexican Salad Tropical Fruit Mandarin Oranges | 18 Red Pepper Hummus w/Pita Baby Carrots Broccoli Mixed Fruit Cup | 19 Roasted Brussels Sprouts & Quinoa Salad w/Almonds Fresh Cut Fruit Peaches |
| 22 Turkey Salad w/Croissant Applesauce Cheez-It's | 23 Ham w/Wheat Bread Swiss Cheese Tomato Wedges Mixed Fruit | 24 Chicken Caesar Wrap Threen Bean Salad Pears | 25 CLOSED FOR THANKSGIVING NO MEAL DELIVERY | 26 CLOSED FOR THANKSGIVING NO MEAL DELIVERY |
| 29 Egg Salad Mixed Fruit Wheat Crackers White Cheddar Popcorn | 30 Roast Beef w/Wheat Bread Cheddar Cheese Kale, Sweet Potato & Quinoa Salad Pears | | | |

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HIGHLIGHTING NEW MENU ITEMS

| NOVEMBER 1 | NOVEMBER 4 | NOVEMBER 11 | NOVEMBER 15 |
|--|--|---|--|
| MAPLE SPICED PEACHES | CALICO SALAD | EGYPTIAN BARLEY SALAD | AMBROSIA |
| Sweet peaches mixed with a delicious cinnamon maple spice. | A mix of broccoli, cauliflower, celery, red and green peppers, onion, tomato, garbanzo beans and cheddar cheese cubes dressed with buttermilk ranch and topped with sunflower seeds. | Barley mixed with carrots, celery, cilantro, cranberries, feta cheese and seasoned with a cinnamon apple cider vinaigrette. | A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows. |