


NAME _____

SourcePoint Meals on Wheels Program

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheesy Broccoli & Mushroom Rice Casserole Steamed Carrots Peas Breadstick 	2 Creamy Butternut Squash Pasta Roasted Root Vegetables Peas & Pearl Onions 	3 Turkey w/Caramelized Onions & Apricot Glaze Mashed Sweet Potatoes Green Beans	4 Roasted Chicken w/Hunter's Sauce Spatzle Key West Vegetable Blend	5 Swiss Steak w/Gravy Roasted Yukon Potatoes California Vegetable Blend
8 Pesto, Veggie Spaghetti Squash Bake Italian Stewed Chickpeas Roasted Cauliflower 	9 Vegetable Bean Chili Succotash Cornbread 	10 Baked Honey Mustard Chicken Wild Rice Peas & Carrots	11 Beef Stew Roasted Redskin Potatoes Malibu Vegetable Blend Whole Wheat Dinner Roll	12 Turkey, Craisin & Apple Stuffed Acorn Squash Mashed Sweet Potatoes Green Beans
15 Broccoli & Cheddar Stuffed Potato Green Beans Peas & Carrots Garlic Bread 	16 Spinach & Artichoke Chicken Roasted Yukon Potatoes Malibu Vegetable Blend	17 Quinoa & Veggie Stuffed Pepper w/Feta Cheese Succotash Whole Wheat Dinner Roll 	18 Roasted Pork Loin w/Gravy Scalloped Potatoes California Vegetable Blend	19 Meatloaf Roasted Redskin Potatoes Corn
22 Roasted Veggies w/Pasta Peas Malibu Vegetable Blend 	23 Roast Turkey w/Gravy Mashed Sweet Potatoes Mixed Vegetables Mixed Fruit Cup	24 Beef Stroganoff Kyoto Vegetable Blend Peas & Carrots	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 Citrus Glazed Tilapia Brown Rice Mixed Vegetables 			

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 4	NOVEMBER 8	NOVEMBER 17	NOVEMBER 30
SPATZLE	ITALIAN STEWED CHICKPEAS	QUINOA & VEGGIE STUFFED PEPPER	CITRUS GLAZED TILAPIA
Pan-seared dumpling seasoned with garlic, thyme and butter.	Garbanzo beans, red bell peppers, red onion and tomatoes stewed in Italian herbs make this a great new fall favorite.	Fresh green peppers steamed and then stuffed with sauteed eggplant, onion, zucchini, and quinoa topped with creamy feta cheese.	Delicious tilapia glazed with a bright sauce made of orange juice, lemon, lime, allspice, white pepper and a hint of brown sugar.

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NOVEMBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roast Beef w/Wheat Bread American Cheese Mandarin Oranges Pears	2 Chicken Cobb Salad Peaches Whole Wheat Dinner Roll	3 Thai Farro Salad w/Peanuts Tropical Fruit Mandarin Oranges 	4 Turkey Taco Salad Mexican Street Corn Salad Tropical Fruit	5 Roasted Veggie w/Wheat Bread Three Bean Salad Mixed Fruit
8 Chicken Salad over Greens Hardboiled Eggs Pears Clementine	9 Curry Cashew Turkey Salad Mandarin Oranges Pineapple	10 Roast Beef w/Wheat Bread Swiss Cheese Pineapple Pistachio Ambrosia Applesauce	11 Strawberry Yogurt Parfait Mini Bagel w/Cream Cheese 	12 Apple Almond Quinoa Salad w/Sunflower Seeds Pears Wheat Crackers
15 Turkey Wrap Swiss Cheese Lemon Potato Salad w/Mint Mixed Fruit	16 Egg Salad w/Croissant Applesauce Grapes 	17 Roasted Chicken & Spinach Salad w/Almonds Vanilla Yogurt Peaches	18 Lentil & Quinoa Salad Apricots Wheat Crackers 	19 Roasted Red Pepper Hummus Broccoli & Carrots Swiss Cheese Cubes Apricots Pita Bread
22 BLT w/Wheat Bread Grapes Applesauce	23 Honey Mustard Chicken Wrap Ambrosia	24 Mediterranean Broccoli Pasta Salad Apricots Prunes Pita Bread 	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 Turkey Wrap Swiss Cheese Tomato Wedges Mixed Fruit			

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HIGHLIGHTING NEW MENU ITEMS

NOVEMBER 3	NOVEMBER 9	NOVEMBER 18	NOVEMBER 23
THAI FARRO SALAD W/PEANUTS	CURRY CASHEW TURKEY SALAD	LENTIL & QUINOA SALAD	AMBROSIA
A hearty salad made up of farro, peppers, cabbage and onion topped with peanuts and dressed with a peanut sauce.	Roasted turkey covered in a delicious curry sauce with onions, celery, cashews, and raisins.	A hearty dish of lentils and quinoa combined with walnuts, cranberries, green onions and feta cheese dressed with a bright lemon vinaigrette.	A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows.