








NAME _____

SourcePoint Meals on Wheels Program

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO MEAL DELIVERY	4 Omelet Breakfast Potatoes Spiced Peaches 	5 Vegetable Lasagna Malibu Vegetable Blend Peas & Pearl Onions Mandarin Orange Cup 	6 Cuban Chicken Casserole Seasoned Pinto Beans Green Beans	7 Turkey Burger w/Bun White Cheddar Cheese Malibu Vegetable Blend Corn
10 Roast Turkey w/Gravy Roasted Sweet Potatoes Green Bean Casserole Applesauce Cup	11 Cubed Pork w/Herbed Gravy Baby Bakers Potatoes Malibu Vegetable Blend	12 Eggplant Hash Scrambled Eggs Breakfast Potatoes Country Apples 	13 Corned Beef Steamed Cabbage Roasted Redskin Potatoes Steamed Carrots Mixed Fruit Cup	14 Broccoli Cheddar Chicken Mashed Yukon Potatoes Succotash
17 CLOSED FOR MARTIN LUTHER KING JR DAY NO MEAL DELIVERY	18 NO MEAL DELIVERY	19 Stuffed Cabbage w/Marinara Sauce Roasted Redskin Potatoes Broccoli	20 BBQ Beef Baked Beans Broccoli Hawaiian Roll	21 Tex-Mex Chicken Casserole Green Beans Tropical Fruit Cup
24 Moroccan Chicken, Bean & Vegetable Stew Roasted Sweet Potatoes Broccoli	25 Meatloaf Roasted Redskin Potatoes Green Beans	26 Spinach & Artichoke Spaghetti Squash Casserole Sautéed Super Greens & White Beans Roasted Roma Tomatoes 	27 Cod w/Tomato Basil Salsa Mashed Yukon Potatoes Italian Vegetable Blend 	28 Asian Pork Meatballs Sautéed Cabbage Oriental Vegetable Blend 
31 Grilled Salmon Cranberry Brown Rice Roasted Fennel & Snow Pea Salad Mixed 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

JANUARY 6	JANUARY 12	JANUARY 21	JANUARY 26
CUBAN CHICKEN CASSEROLE	EGGPLANT HASH	TEX-MEX CHICKEN CASSEROLE	SPINACH & ARTICHOKE SPAGHETTI
This Cuban dish is a mixture of peppers, onion, raisins, green olives, brown rice and hearty chicken.	Savory eggplant and onions mixed with Halloumi cheese and served atop scrambled eggs.	This delicious casserole is full of chicken, tomatoes, black beans, corn, onion, and green peppers mixed with brown rice and topped with cheddar cheese.	Creamy blend of cream cheese and parmesan cheese combined with roasted spaghetti squash, artichoke hearts, and spinach.

SourcePoint Meals on Wheels Program

January - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO MEAL DELIVERY	4 Turkey w/Wheat Bread Swiss Cheese Mixed Fruit Vanilla Yogurt	5 Crustless Shrimp & Spinach Quiche Pineapple Pistachio Ambrosia Peaches 	6 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Apricots 	7 Mexican Salad Tortilla Chips & Guacamole Clementine
10 Korean BBQ Vegetable Salad Bowl Mandarin Oranges Fortune Cookie 	11 Thai Peanut Quinoa Salad Cucumber Salad Tropical Fruit 	12 Tuna Pasta Salad Mixed Fruit Wheat Crackers 	13 Chicken Salad w/Croissant Coleslaw Sliced Apples	14 Beef, Pinto Beans, Rice & Spinach Salad Fresh Cut Fruit Wheat Crackers
17 CLOSED FOR MARTIN LUTHER KING JR DAY NO MEAL DELIVERY	18 NO MEAL DELIVERY	19 Peanut Butter & Jelly Sandwich Applesauce Carrots Cheez-It's	20 BLT Chicken Salad Mixed Fruit Whole Wheat Dinner Roll	21 Veggie w/Wheat Bread Guacamole Cheddar Cheese Cubes Applesauce
24 Eggplant Caprese Salad Fresh Cut Fruit Wheat Crackers 	25 Turkey w/Wheat Bread Cheddar Cheese Hard Boiled Eggs Applesauce	26 Ham w/Wheat Bread Swiss Cheese Tomato Wedges Mixed Fruit	27 Five Bean Salad w/Mustard Vinaigrette over Romaine Peaches Wheat Crackers 	28 Greek Dip w/Pita Chips Carrots Broccoli
31 Edamame & Brown Rice Salad Peaches Wheat Crackers 				

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HIGHLIGHTING NEW MENU ITEMS

JANUARY 5	JANUARY 11	JANUARY 20	JANUARY 31
PINEAPPLE PISTACHIO AMBROSIA	THAI PEANUT QUINOA SALAD	BLT CHICKEN SALAD	EDAMAME & BROWN RICE SALAD
A delightful, light and fluffy salad with pineapple, creamy whipped topping, pistachios and mini marshmallows.	Asian blend of vegetables and quinoa tossed with a peanut sauce and topped with peanuts.	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.	Steamed brown rice mixed with edamame, corn, diced red pepper, red onion, basil and parsley. This hearty salad is topped with a lemon dijon mustard dressing.