

NAME _____

SourcePoint Meals on Wheels Program

January - 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
3 NO MEAL DELIVERY	4 Omelet Breakfast Potatoes Spiced Peaches 	5 Belgium Waffle w/Blueberries Hashbrown Potatoes Country Apples 	6 Turkey Pot Pie Succotash Broccoli	7 Spaghetti w/Mini Meatballs Lima Beans Garlic Green Beans
10 Chicken Cordon Bleu White Rice California Vegetable Blend Whole Wheat Dinner Roll	11 Vegetarian Bean & Rice Bowl Mexican Street Corn Roasted Zucchini Mandarin Orange Cup 	12 Meatloaf Roasted Yukon Potatoes Mixed Vegetables	13 Kielbasa Steamed Cabbage Potatoes O'Brien Peas	14 Tuna Noodle Casserole Broccoli Green Beans 
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 Fried Chicken Legs Roasted Sweet Potatoes Succotash Cornbread	21 Tuscan White Bean, Spinach & Tomato Bake Key West Vegetable Blend Roasted Cauliflower Breadstick 
24 BBQ Pulled Pork Scalloped Potatoes Green Beans	25 Roasted Veggie Pasta Bake Peas Carrots 	26 Chicken Tikka Masala White Rice Roasted Curried Vegetables	27 Sloppy Joe w/Bun Roasted Redskin Potatoes Malibu Vegetable Blend	28 Teriyaki Salmon Asian Rice Noodles Far East Vegetable Blend Oriental Vegetable Blend 
31 Roast Turkey w/Gravy Cranberry Apple Cider Cornbread Stuffing California Vegetable Blend 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

JANUARY 13	JANUARY 14	JANUARY 26	JANUARY 31
POTATOES O'BRIEN	TUNA NOODLE CASSEROLE	CHICKEN TIKKA MASALA	CRANBERRY CORNBREAD STUFFING
Diced potatoes, onion, peppers, and a savory herb seasoning.	A hearty favorite of egg noodles, tuna, celery, peas and topped with cheddar cheese.	Chicken in a red Indian sauce made up of tomatoes, tikka masala seasoning and coconut milk.	You take delicious cornbread add some apple cider, apple slices and cranberries to make this a new fall favorite.

SourcePoint Meals on Wheels Program

January - COLD DAILY

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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 Chicken Caesar Wrap Three Bean Salad Pears	6 Vanilla Yogurt Parfait Scone Sliced Apples 	7 Tuna Pasta Salad over Greens Veggie Pasta Salad Mandarin Oranges Whole Wheat Dinner Roll
10 Mediterranean Chickpea Salad Apricots Pita Bread 	11 Roast Beef w/Wheat Bread Cheddar Cheese Kale, Sweet Potato & Quinoa Salad Pears	12 Southwest Chicken Salad Wrap Fresh Cut Fruit Peaches	13 Egg Salad Pears White Cheddar Popcorn Wheat Crackers 	14 Pesto Tortellini Pasta Salad w/Pepperoni Tomato & Cucumber Salad Apricots
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 Autumn Salad w/Pecans Pears Whole Wheat Dinner Roll 	21 Turkey Club w/Wheat Bread Mandarin Oranges Apricots
24 Ham w/Wheat Bread Swiss Cheese Applesauce Maple Spiced Peaches	25 Strawberry Salmon Salad Pears 	26 Steak Greek Salad Apricots Wheat Crackers	27 Calico Salad Peaches Cornbread 	28 Citrus Chicken Salad w/Almonds on Croissant Mixed Fruit Apricots
31 BLT w/Wheat Bread Mandarin Oranges White Cheddar Popcorn				

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HIGHLIGHTING NEW MENU ITEMS

JANUARY 6	JANUARY 14	JANUARY 26	JANUARY 27
VANILLA YOGURT PARFAIT	TOMATO & CUCUMBER SALAD	STEAK GREEK SALAD	CALICO SALAD
Creamy vanilla yogurt topped with Michigan fruit blend. Served with crunchy granola and whipped cream.	This fresh salad is simple, it has cucumbers, tomatoes, and red onion diced up in bite size morsels and drizzled with a delicious dressing.	A hearty take on a Greek salad with seasoned beef and topped with a creamy feta cheese.	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.