

NAME _____

SourcePoint Meals on Wheels Program

January - 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
3 NO MEAL DELIVERY	4 Omelet Breakfast Potatoes Spiced Peaches 	5 Beef Stroganoff Egg Noodles Kyoto Vegetables Peas & Carrots	6 Portobello Mushroom Burger w/White Cheddar Cheese Roasted Red Pepper & Onions Roasted Redskin Potatoes Sautéed Super Greens 	7 Pulled Pork Baby Baker Potatoes Green Beans Mixed Fruit Cup
10 Hamburger w/Bun Swiss Cheese Lettuce, Tomato & Onion Roasted Yukon Potatoes Coleslaw	11 Citrus Clazed Tilapia Brown Rice Mixed Vegetables 	12 Pork Saute Brown Rice Garlic Green Beans	13 Chicken w/Mushroom Gravy Roasted Redskin Potatoes Kyoto Vegetable Blend	14 Southwest Vegan Bowl Roasted Zucchini Cornbread 
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 Grilled Salmon Cilantro Rice Key West Vegetable Blend Whole Wheat Dinner Roll 	21 Beef Tenderloin w/Mushroom Sauce Roasted Redskin Potatoes Steamed Carrots Whole Wheat Dinner Roll
24 Cheesy Broccoli Mushroom Rice Casserole Steamed Carrots Peas Breadstick 	25 Creamy Butternut Squash Pasta Roasted Root Vegetables Peas & Pearl Onions 	26 Turkey w/Caramelized Onion & Apricot Glaze Whipped Sweet Potatoes Green Beans	27 Roasted Chicken w/Hunter's Sauce Spatzle Key West Vegetable Blend	28 Swiss Steak w/Gravy Roasted Yukon Potatoes California Vegetable Blend
31 Pesto, Veggie & Spaghetti Squash Bake Italian Stewed Chickpeas Roasted Cauliflower 				

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 5	JANUARY 14	JANUARY 25	JANUARY 31
BEEF STROGANOFF	SOUTHWESTERN VEGAN BOWL	ROASTED ROOT VEGETABLES	ITALIAN STEWED CHICKPEAS
Hearty, tender beef, onions and mushrooms served atop egg noodles and covered in gravy.	Sweet potatoes, black beans, lentils and brown rice tossed in a red wine vinaigrette.	A blend of root vegetables roasted until they are tender and finished with a tossing of salt and pepper.	Garbanzo beans, red bell peppers, red onion and tomatoes stewed in Italian herbs make this a great new fall favorite.

SourcePoint Meals on Wheels Program

January - COLD LOW SODIUM

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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 Mediterranean Broccoli Pasta Salad Apricots Prunes Pita Bread 	6 Spinach & Roast Beef Salad Swiss Cheese Cubes Mixed Fruit	7 Wild Rice, Butternut Squash, Craisin & Pecan Salad Spiced Pears Wheat Crackers
10 Blueberry, Spinach & Salmon Salad Pears Wheat Crackers 	11 Turkey & Swiss Wrap Tomato Wedges Mixed Fruit	12 Chipotle Lime Cauliflower Taco Bowl Mexican Street Corn Tropical Fruit 	13 Mediterranean Grain Bowl Peaches Fresh Cut Fruit 	14 Cottage Cheese Pineapple Mandarin Oranges Banana Muffin
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 Superfood Salad w/Almonds Pears 	21 Egg Salad w/Croissant Carrots Mixed Fruit
24 Roast Beef w/Wheat Bread American Cheese Mandarin Oranges Pears	25 Chicken Cobb Salad Peaches Whole Wheat Dinner Roll	26 Thai Farro Salad w/Peanuts Tropical Fruit Mandarin Oranges 	27 Turkey Taco Salad Mexican Street Corn Tropical Fruit	28 Roasted Veggie w/Wheat Bread Three Bean Salad Mixed Fruit
31 Chicken Salad over Greens Hard Boiled Eggs Pears Clementine				

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HIGHLIGHTING NEW MENU ITEMS

JANUARY 7	JANUARY 12	JANUARY 26	JANUARY 28
SPICED PEARS	MEXICAN STREET CORN	THAI FARRO SALAD	THREE BEAN SALAD
Sweet pears mixed with cinnamon creates a new delicious treat.	Corn and red onion combined with a creamy citrus sauce and topped with queso fresco.	A hearty salad made up of farro, peppers, cabbage and onion topped with peanuts and dressed with a peanut sauce.	Sweet and sour marinade gives this trio of green beans, wax beans and dark kidney beans its tangy flavor.