

NAME _____

SourcePoint Meals on Wheels Program

JUNE - 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
		1 Vegetable Stuffed Portobello Roasted Sweet Potatoes Mixed Veggies	2 Baked Cod w/Lemon Cream Sauce Tri-Colored Potatoes Spinach	3 Pork Meatballs w/Coconut Herb Sauce Cauliflower Rice Kyoto Veggie Blend Midori Veggie Blend
6 Cheesesteak Stuffed Pepper Herb Roasted Redskin Potatoes Malibu Veggie Blend Garlic Breadstick	7 Ratatouille Stuffed Zucchini Roasted Sweet Potatoes Sautéed Super Greens Roll w/Butter	8 Lasagna Roll Ups w/Roasted Red Pepper Sauce Green Beans California Veggie Blend Garlic Bread	9 Mushroom, Spinach, Leek & Bacon Frittata Potatoes O'Brien Stewed Tomatoes	10 Garlic Chicken Stir-Fry Brown Rice Midori Veggie Blend Far East Veggie Blend
13 Roast Pork Loin w/Pork Gravy Roasted Yukon Potatoes Carrots	14 Hot Dog w/ Coney Sauce Corn Maui Veggie Blend	15 Vegetable Frittata Tri Colored Potatoes Spinach Cornbread	16 Summer Veggie Pot Pie Broccoli Green Beans	17 Turkey Burger w/ Caramelized Onions & Mushrooms Roasted Roma Tomatos Mixed Veggies
20 Meatloaf Roasted Redskin Potatoes Green Beans	21 Turkey Burger w/Tomato Jam & White Cheddar Cheese Summer Roasted Veggies White Cheddar Popcorn	22 Cauliflower & Chickpea Curry Cilantro Rice Carrots	23 BBQ Pulled Pork Mac-N-Cheese Sautéed Super Greens	24 Pesto Bruschetta Chicken Baby Bakers European Veggie Blend Breadstick w/Butter
27 Broccoli Stuffed Chicken Sour Cream Mashed Potatoes Mixed Veggies Roll w/Butter	28 Turkey Lasagna Stuffed Zucchini Green Beans Malibu Veggie Blend Garlic Breadstick	29 Greek Stewed Veggies Creamed Spinach Pita	30 Shredded Pork Tinga w/Queso Fresco Corn & Black Beans Roasted Zucchini	

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

June 3	June 7	June 15	June 23
PORK MEATBALLS	SAUTEED SUPER GREENS	VEGETABLE FRITTATA	BBQ PULLED PORK
Pork meatballs simmered in a sweet and savory sauce made with coconut milk.	Sautéed shredded kale, broccoli, brussels sprouts, and cabbage with garlic and onion.	Sautéed asparagus, onions, mushrooms and grape tomatoes covered with whisked eggs and baked.	Hearty pork butt seasoned with a smokehouse rub and covered in a delicious BBQ sauce.

SourcePoint Meals on Wheels Program

JUNE - COLD 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
		1 Ham Salad w/Wheat Bread Swiss Cheese Cubes Tomato Wedges	2 Vanilla Yogurt Parfait w/Granola & Fruit Blend Blueberry Muffin w/Butter Sliced Apples w/Peanut Butter	3 Tuna Salad over Greens Veggie Pasta Salad Mixed Fruit Roll w/Butter
6 Egg Salad w/ Wheat Bread Creamy Cucumber Salad Applesauce	7 Turkey Club Sandwich w/Wheat Bread w/Lettuce & Tomato Apricots Mandarin Oranges	8 Chicken Caesar Salad 3 Bean Salad Tomato Wedges	9 Steak, Blueberry & Pecan Salad Cottage Cheese Peaches	10 Garden Salad Cheddar Cheese Cubes Apple Cinnamon Muffin
13 Cottage Cheese w/Pineapple Celery Sticks w/Peanut Butter Cup Banana Nut Muffin	14 Roasted Ratatouille Salad w/Salmon Mixed Fruit Wheat Crackers	15 Corned Beef & Swiss on Rye Bread Tomato Wedges Applesauce	16 Creamy Chicken & Bacon Broccoli Salad Pineapple Pistachio Ambrosia Watermelon	17 Peach, Blueberry, Almond & Spinach Salad Tomato & Cucumber Salad Roll w/Butter
20 Summer Quinoa Salad w/Sunflower Seeds Swiss Cheese Cubes Pears	21 7 Layer Salad Cottage Cheese w/Peaches Garlic Bread	22 Roast Beef Lettuce Wrap Macaroni Salad Sliced Apples	23 Corn & Zucchini Salad 3 Bean Salad Watermelon	24 Turkey Salad w/Wheat Bread Clementine Cheddar Whole Grain Sun Chips
27 Guacamole & Veggie Sandwich Cheddar Cheese Cubes Applesauce	28 Greek Stuffed Portobello w/Tofu Pears Grapes Roll w/Butter	29 Turkey & Mozzarella on Wheat Roasted Zucchini Salad Mixed Fruit	30 Steak Cobb Salad Mixed Fruit Wheat Crackers	

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 NEW MENU ITEMS

June 2	June 8	June 20	June 27
VANILLA YOGURT PARFAIT	THREE BEAN SALAD	SUMMER QUINOA SALAD	GUACAMOLE VEGGIE SANDWICH
Creamy vanilla yogurt topped with Michigan fruit blend, crunchy granola and whipped cream.	Sweet and sour marinade gives this trio of green beans, wax beans and dark kidney beans its tangy flavor.	Quinoa, cucumbers, peppers, dried cranberries, garbanzo beans, and crunchy sunflower seeds tossed in a honey dijon vinaigrette.	Build your own wheat bread sandwich with thin sliced tomato, cucumber, onion and lettuce. Served with a side of guacamole.