

NAME _____

SourcePoint Meals on Wheels Program

JUNE - 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
		1 Meat Loaf Baby Bakers Green Beans	2 Pork & Pineapple Teriyaki White Rice Midori Veggie Blend Far East Veggie Blend	3 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
6 Bourban Glazed Chicken Mashed Yukon Potatoes California Veggie Blend	7 Indian Butter Cauliflower & Chickpeas White Rice Peas	8 Southwest Turkey & Rice Casserole Mexican Street Corn Roasted Zucchini	9 Coconut Lime Shrimp White Rice Summer Veggies Key West Veggie Blend Clementine	10 Spaghetti & Mini Meatball Bake Italian Veggie Blend Peas & Carrots Roll w/Butter
13 Tuscan Chicken Baby Bakers Italian Veggie Blend Garlic Breadstick	14 Creamy Pesto & Veggie Torellini Peas and Pearl Onions California Veggie Blend	15 Hawaiian Pulled Pork Sandwich w/Pineapple and Provolone Sauteed Super Greens Maui Veggie Blend	16 Turkey w/Gravy Sour Cream Mashed Yukons Green Bean Casserole Mandarin Oranges in a Cup	17 Burger w/Bun American Cheese Lettuce/Tomato/Onion Baked Beans Corn
20 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup	21 White Cheddar Mac-N-Cheese Stewed Tomatoes Mixed Veggies Clementine	22 Caprese Chicken w/Provolone Pesto Tomatoes Baby Bakers Broccoli Garlic Breadstick	23 Potato Crusted Tilapia Lemon Herb Rice Key West Blend Vegetables Roll w/Butter	24 Hot Dog w/Bun Roasted Yukon Potatoes Corn
27 Beef Lasagna Peas and Carrots Italian Veggie Blend Garlic Bread	28 Vegetable Teriyaki w/Cashews Brown Rice Broccoli Vegetable Egg Roll Clementine	29 BBQ Pulled Pork w/Bun Mac-N-Cheese Green Beans	30 Fried Chicken Legs Roasted Redskin Potatoes Succotash Cornbread	

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 15	June 20	June 28	June 28
HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI	Vegetable Egg Roll
BBQ pulled pork topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Colorful medley of peppers, broccoli, squash, mushrooms, zucchini, onions, sugar snap peas, carrots, crunchy cashews tossed with a delicious teriyaki sauce and served over rice.	Crispy Veggie Egg Roll with cabbage, onion, and celery.

SourcePoint Meals on Wheels Program

JUNE - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Curried Chicken Salad w/Almonds Cucumber Salad Tropical Fruit Salad w/Coconut Flatbread	2 Creamy Chipotle Lime Bean Salad Mandarin Oranges Baked Tortilla Chips w/Salsa 	3 Italian Tortellini Pasta Salad Corn and Tomato Salad Peaches Garlic Breadstick
6 Tuna Salad w/Provolone w/ Wheat Bread Carrot and Raisin Salad Pears 	7 Citrus Chicken Salad w/Almonds Cottage Cheese Peaches Croissant	8 Beef & Bleu Salad Mixed Salad Mandarin Oranges Roll w/Butter	9 Roasted Veggie Lentil Salad Apricots Grapes Flatbread 	10 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
13 Turkey & Swiss w/Rye Bread Ranch Potato Salad Fresh Cut Fruit	14 BLT Sandwich w/Wheat Bread Broccoli Raisin Salad w/Sunflower Seeds Pears	15 Tortellini Greek Pasta Salad Apricots Pita Wedges w/ Hummus Cup 	16 Thai Cashew Coconut Rice Bowl w/Ginger Peanut Sauce Tropical Fruit Mandarin Oranges 	17 BBQ Chicken Salad w/Black Beans Pineapple Slaw Watermelon
20 Tuna Pasta Salad Pineapples Mandarin Oranges Wheat Crackers 	21 Chicken Caesar Salad Macaroni Salad Apricots	22 Turkey and Swiss on Wheat Bread Italian Pasta Salad Peaches	23 Moroccan Barley Salad Apricots Tropical Ambrosia 	24 Summer Corn, Tomato and White Bean Salad Fresh Cut Fruit Wheat Crackers Pear Cup
27 Egg Salad w/Croissant 3 Bean Salad Mixed Fruit 	28 Caprese Chicken Salad Pesto Pasta Salad Pears	29 Roast Beef & Cheddar w/Wheat Bread Bacon Pea Ranch Salad Apricots	30 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots 	

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HIGHLIGHTING NEW MENU ITEMS

June 1	June 17	June 24	June 30
CURRIED CHICKEN SALAD	PINEAPPLE SLAW	SUMMER BEAN SALAD	MEDITERRANEAN CHICKPEA SALAD
Creamy, chicken salad with a hint of spice served atop a bed of lettuce and topped with slivered almonds.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Medley of white beans, crisp corn and grape tomatoes tossed in a light honey mustard dressing and served on a bed of romaine lettuce.	Garbanzo beans, red peppers, red onion, cucumbers, tomatoes, Kalamata olives, feta cheese tossed in Greek dressing.