

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**JUNE - 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
		1 Southwest Vegan Bowl w/Roasted Roma Tomatoes Malibu Veggie Blend Hawaiian Roll w/Butter	2 Baked Honey Mustard Chicken Herbed Wild Rice Key West Veggie Blend	3 Unstuffed Cabbage Roll Casserole Carrots Succotash Roll w/Butter
6 Pulled Pork Mac-N-Cheese Green Beans Diced Peach Cup	7 Grilled Salmon w/Pineapple & Black Bean Salsa Cilantro Rice Maui Veggie Blend & Corn Hawaiian Roll w/Butter	8 Caprese Stuffed Portobello Baby Bakers Cauliflower Roll w/Butter	9 Zucchini Roll-Ups Italian Stewed Chickpeas Italian Veggies Garlic Bread	10 Ground Turkey & Summer Veggie Pesto Quinoa Bowl Succotash Sauteed Super Greens
13 Meatloaf Roasted Redskin Potatoes Peas and Pearl Onions	14 Spinach & Mushroom Stuffed Shells Malibu Veggie Blend Green Beans Mixed Fruit Cup	15 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn	16 Sweet & Sour Pork w/Peppers & Onions White Rice Midori Veggie Blend Oriental Veggie Blend	17 Dill Glazed Salmon Confetti Brown Rice Broccoli Roll w/Butter
20 BBQ Chickpea Quinoa Bowl Roasted Zucchini Mandarin Oranges	21 Summer Seafood & Potato Bake w/Smashed Potatoes Roasted Roma Tomatoes Kyoto Veggie Blend	22 Roasted Veggie Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions	23 Turkey Burger w/Bun Swiss Cheese Caramelized Onions Succotash Green Beans	24 Teriyaki Pork, Mushroom & Zucchini Stir-Fry White Rice Far East Veggie Blend Oriental Veggie Blend
27 BBQ Pork Loin Roasted Peach BBQ Sauce Sour Cream Mashed Potatoes Broccoli	28 Burger w/Bun Swiss Cheese Lettuce/Tomato/Onion Roasted Sweet Potatoes Succotash	29 Caribbean Chicken Stir-Fry Brown Rice Maui Veggie Blend Green Beans Hawaiian Roll w/Butter	30 Portobello Fajitas Seasoned Black Beans Corn Guacamole 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**

June 3	June 9	June 22	June 29
<b>UNSTUFFED CABBAGE ROLLS</b>	<b>ITALIAN STEWED CHICKPEAS</b>	<b>VEGGIES STUFFED PORTOBELLO</b>	<b>CARIBBEAN CHICKEN STIR-FRY</b>
Seasoned ground beef, onions, and tomato sauce combined with tender cabbage.	Garbanzo beans, red bell peppers, red onion and tomatoes stewed in Italian herbs make this a great new favorite.	Tender portobello mushroom stuffed with a medley of roasted vegetables seasoned with pesto and parmesan cheese.	Lightly spiced chicken with a tropical flair served with brown rice.

## SourcePoint Meals on Wheels Program

# JUNE - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Strawberry Pecan Salmon Salad Vanilla Yogurt Pears Roll w/Butter	<b>2</b> Caprese Beef Salad Fresh Cut Fruit Apricots	<b>3</b> Chopped Mexican Salad Tropical Fruit Salad w/Coconut Pineapple Mango Salsa Tortilla Chips
<b>6</b> Mediterranean Grain Bowl w/Avocado & Feta Cheese Fresh Cut Fruit Pears	<b>7</b> Southwest Salad w/Ground Beef Black Bean & Corn Salsa Watermelon Tortilla Strips	<b>8</b> BLT Sandwich w/ Wheat Bread Grapes Applesauce	<b>9</b> Hawaiian BBQ Chicken Wrap w/Wheat Tortilla Tropical Slaw Mandarin Oranges	<b>10</b> Corn & Zucchini White Bean Salad Swiss Cheese Cubes Fresh Cut Fruit
<b>13</b> Summer Quinoa Salad w/Sunflower Seeds Fresh Cut Fruit Pears Wheat Crackers	<b>14</b> Chicken Salad Wrap w/Wheat Tortilla Mandarin Oranges Whole Grain Goldfish Crackers	<b>15</b> Ground Turkey Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Watermelon Baked Tortilla Chips	<b>16</b> Tuna Pasta Salad Tropical Ambrosia Tomato Wedges Clementine	<b>17</b> Mozzerella, Tomato, Chickpea Salad 3 Bean Salad Peaches Sliced Apples
<b>20</b> Chicken, Chickpea, Tomato & Cucumber Salad Ambrosia Watermelon	<b>21</b> Vanilla Yogurt Parfait w/ Granola & Michigan Cherry Blend Blueberry Muffin Diced Peach Cup	<b>22</b> Dilled Pasta Salad w/Bay Shrimp Hard Boiled Eggs Wheat Crackers Tropical Fruit Cup	<b>23</b> Roast Beef w/ Swiss on Wheat Bread Carrot Raisin Salad Mixed Fruit	<b>24</b> Summer Veggie Salad Ranch Potato Salad Fresh Cut Fruit
<b>27</b> Turkey & Swiss w/Wheat Bread Tomato Wedges Clementine Applesauce	<b>28</b> Asparagus, Egg, Bacon & Walnut Salad Pears Grapes	<b>29</b> Cottage Cheese w/Pineapple Celery Sticks w/Peanut Butter Whole Grain Banana Muffin Sliced Apples	<b>30</b> Tuna Salad Macaroni Salad Mandarin Oranges Wheat Crackers	

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### HIGHLIGHTING NEW MENU ITEMS

June 6	June 13	June 20	June 21
<b>MEDITERRANEAN GRAIN BOWL</b>	<b>SUMMER QUINOA SALAD</b>	<b>AMBROSIA</b>	<b>VANILLA YOGURT PARFAIT</b>
Zucchini, tomatoes, garbanzo beans, avocado and feta over a mixture of lentils and farro.	Quinoa, cucumbers, peppers, dried cranberries, garbanzo, crunchy sunflower seeds tossed in a honey dijon vinaigrette.	A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows.	Creamy vanilla yogurt topped with Michigan fruit blend, crunchy granola and whipped cream.