

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**JULY - 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 Corned Beef Steamed Cabbage Spatzle Carrots
4 <b>CLOSED FOR 4TH OF JULY HOLIDAY</b>	5 <b>CLOSED NO MEAL DELIVERY</b>	6 Manicotti & Marinara Sauce California Veggie Blend Peas & Pearl Onions  *All Hot are the same today	7 Pork Loin w/ Savory Peach Sauce Baby Bakers Succotash	8 Hawaiian Turkey Meatballs White Rice Maui Veggie Blend Hawaiian Dinner Roll w/Butter
11 BBQ Beef Scalloped Potatoes Green Beans	12 Caprese Chicken w/ Bacon Baby Bakers Malibu Veggie Blend Garlic Breadstick	13 Roasted Veggie Stuffed Portobello Roasted Sweet Potatoes Mixed Veggies	14 Baked Cod w/Lemon Sauce Tri-Colored Potatoes Spinach	15 Pork Meatballs w/Coconut Sauce Cauliflower Rice Kyoto Veggies Midori Veggie Blend
18 Cheesesteak Stuffed Peppers Herb Roasted Redskin Potatoes Malibu Veggie Blend Garlic Breadstick	19 Ratatouille Stuffed Zucchini Roasted Sweet Potatoes Sautéed Super Greens Wheat Roll w/Butter	20 Cheese Lasagna Roll-Ups w/ Roasted Red Pepper Sauce Green Beans Garlic Bread	21 Mushroom, Spinach, Leek & Bacon Frittata Potatoes O'Brien Stewed Tomatoes	22 Garlic Chicken Stir-Fry Brown Rice Midori Veggie Blend Far East Veggie Blend
25 Roasted Pork Loin w/Pork Gravy Roasted Yukon Potatoes Carrots	26 Hot Dog w/Coney Sauce & Bun Maui Veggie Blend Corn	27 Veggie Frittata Tri-Colored Potatoes Spinach Cornbread	28 Summer Veggie Pot Pie Broccoli Green Beans	29 Turkey Burger w/Bun Provolone Cheese Onions & Mushrooms Roasted Roma Tomatoes Mixed Veggies

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**

12	13	21	27
<b>PEANUT TOFU STIR-FRY</b>	<b>VEGGIES STUFFED PORTOBELLO</b>	<b>POTATOES O'BRIEN</b>	<b>VEGETABLE FRITTATA</b>
Baked tofu dressed with a creamy sauce of peanut butter, sweet chili sauce and brown sugar.	Tender portobello mushroom stuffed with a medley of roasted vegetables seasoned with pesto and parmesan cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Sautéed asparagus, onions, mushrooms and grape tomatoes covered with whisked eggs and baked.

## SourcePoint Meals on Wheels Program

# JULY -COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Thai Chicken Salad w/ Peanuts Mandarin Oranges Tropical Fruit Salad w/ Coconut
<b>4</b> <b>CLOSED FOR 4TH OF JULY HOLIDAY</b>	<b>5</b> <b>CLOSED NO MEAL DELIVERY</b>	<b>6</b> Egg Salad w/Croissant Swiss Cheese Cubes Hawaiian Fruit Salad *All Cold are the same today	<b>7</b> Asian Salad w/Peanuts Mandarin Oranges Papaya and Mango Cup Fortune Cookie	<b>8</b> Steak, Walnut & Bleu Cheese Salad Apricots Sliced Apples Wheat Roll w/Butter
<b>11</b> Mozerella Tomato & Chickpea Salad Italian Pasta Salad Pears	<b>12</b> Turkey & Cheddar w/Wheat Bread Herby Cauliflower Salad w/ Chickpeas Peaches	<b>13</b> Ham Salad w/Wheat Bread Swiss Cheese Cubes Tomato Wedges	<b>14</b> Vanilla Yogurt Parfait Apple Slices w/Peanut Butter Mini Blueberry Muffin w/Butter	<b>15</b> Tuna Salad over Salad Greens Veggie Pasta Salad Mixed Fruit Wheat Roll w/Butter
<b>18</b> Egg Salad w/ Wheat Bread Creamy Cucumber Salad Applesauce	<b>19</b> Turkey Club Sandwich w/Wheat Bread Apricots Mandarin Oranges	<b>20</b> Chicken Caesar Salad 3 Bean Salad Tomato Wedges	<b>21</b> Steak, Blueberry, Pecan & Spinach Salad Cottage Cheese Peaches	<b>22</b> Garden Salad Cheddar Cheese Cubes Apple Cinnamon Muffin
<b>25</b> Cottage Cheese & Pineapple Celery Sticks w/Peanut Butter Banana Nut Muffin	<b>26</b> Roasted Ratatouille Salad w/ Salmon Mixed Fruit Wheat Crackers	<b>27</b> Corned Beef & Swiss w/Rye Tomato Wedges Applesauce	<b>28</b> Creamy Chicken & Bacon & Broccoli Salad Pineapple Pistachio Ambrosia Watermelon	<b>29</b> Peach, Blueberry & Almond Spinach Salad Tomato & Cucumber Salad Wheat Roll w/Butter

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### HIGHLIGHTING NEW MENU ITEMS

1	13	14	28
<b>THAI CHICKEN SALAD</b>	<b>HAM SALAD</b>	<b>VANILLA YOGURT PARFAIT</b>	<b>PINEAPPLE PISTACHIO AMBROSIA</b>
Savory combination of shredded chicken, cabbage and peanuts dressed with a mildly spicy peanut butter dressing.	Dijon mustard dressing tossed with fresh broccoli and cauliflower, smoked ham and mozzarella cheese. Served with whole wheat crackers.	Creamy vanilla yogurt topped with Michigan fruit blend. Served with crunchy granola and whipped cream.	A light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows, blended together with a delicious pistachio jello.