

NAME \_\_\_\_\_

### SourcePoint Meals on Wheels Program

# JULY - 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<br>Veggie Burger w/Bun<br>Cheddar Cheese<br>Guacamole<br>Roasted Redskin Potatoes<br>Mandarin Oranges Cup  |
| 4<br>CLOSED FOR 4TH OF JULY<br>HOLIDAY  | 5<br>CLOSED<br>NO MEAL DELIVERY  | 6<br>Manicotti & Marinara Sauce<br>California Veggie Blend<br>Peas & Pearl Onions<br><br>*All Hot are the same today | 7<br>Turkey Tetrazzini<br>Carrots<br>Roasted Roma Tomatoes   | 8<br>Sliced Brat w/Sauerkraut<br>Roasted Redskin Potatoes<br>Country Apples   |
| 11<br>Turkey Chili Stuffed Baked<br>Sweet Potato w/Sour Cream<br>Broccoli<br>Corn   | 12<br>Veggie Lasagna<br>Italian Veggie Blend<br>Peas & Carrots<br>Garlic Bread           | 13<br>Meatloaf<br>Baby Bakers<br>Green Beans   | 14<br>Pork & Pineapple Teriyaki<br>White Rice<br>Midori Veggies<br>Far East Veggie Blend   | 15<br>BBQ Chicken Grain Bowl<br>Roasted Roma Tomatoes<br>Roasted Zucchini<br>Tortilla Strips & Ranch  |
| 18<br>Bourbon Glazed Chicken<br>Mashed Yukon Potatoes<br>California Veggie Blend    | 19<br>Indian Butter & Cauliflower<br>w/Chickpeas<br>White Rice<br>Peas                  | 20<br>Southwest Turkey Rice Casserole<br>Mexican Street Corn<br>Roasted Zucchini                                     | 21<br>Coconut Lime Shrimp<br>w/Summer Veggies<br>Key West Veggie Blend<br>Clementine  | 22<br>Baked Spaghetti<br>w/Mini Meatballs<br>Italian Veggie Blend<br>Peas & Carrots<br>Wheat Roll w/Butter  |
| 25<br>Tuscan Chicken<br>Baby Bakers<br>Italian Vegetable Blend<br>Garlic Breadstick | 26<br>Creamy Pesto Veggie Tortellini<br>Peas & Pearl Onions<br>California Veggie Blend  | 27<br>Hawaiian Pulled Pork Sandwich<br>Sautéed Super Greens<br>Mau Veggie Blend                                      | 28<br>Roast Turkey w/Gravy<br>Sour Cream Mashed Potatoes<br>Green Bean Casserole<br>Mandarin Orange Cup  | 29<br>Burger w/Bun<br>American Cheese<br>Lettuce, Tomato & Onion<br>Baked Beans<br>Corn                    |

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

| 14   | 15  | 20  | 27   |
|--|---|---|--|
| TERIYAKI PORK W/PINEAPPLE                                  | BBQ CHICKEN GRAIN BOWL  | SOUTHWEST TURKEY CASSEROLE  | HAWAIIAN PULLED PORK SANDWICH  |
| Hawaiian style pork full of teriyaki and pineapple flavor. | Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce. | Southwest seasoned rice casserole full of turkey, black beans, tomatoes, and bell peppers baked and topped with cheddar cheese. | BBQ pulled pork topped with a sweet pineapple ring and provolone cheese. |

## SourcePoint Meals on Wheels Program

# JULY - COLD DAILY

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| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
|  |  |   |   | 1   |
| 4<br><b>CLOSED FOR 4TH OF JULY HOLIDAY</b>   | 5<br><b>CLOSED NO MEAL DELIVERY</b>  | 6<br>Egg Salad w/Croissant<br>Swiss Cheese Cubes<br>Hawaiian Fruit Salad<br><small>*All Cold are the same today</small> | 7<br>Tomato, Cucumber & Spinach Sandwich w/Herbed Cheese<br>Wholegrain Goldfish Crackers<br>Pears | 8<br>Ranch Turkey Wrap<br>Cheddar Whole Grain<br>Sun Chips<br>Fresh Fruit                   |
| 11<br>Ham & Swiss w/Rye Bread<br>Tomato Wedges<br>Fresh Cut Fruit                                      | 12<br>Taco Salad<br>Roasted Sweet Potato, Corn, Black Bean Salad<br>Watermelon   | 13<br>Curried Chicken Salad w/ Almonds<br>Cucumber Salad<br>Tropical Fruit Salad<br>Flatbread                           | 14<br>Creamy Chipotle Lime Bean Salad<br>Mandarin Oranges<br>Baked Tortilla Chips & Salsa         | 15<br>Italian Tortellini Pasta Salad<br>Corn & Tomato Salad<br>Peaches<br>Garlic Breadstick |
| 18<br>Tuna Salad & Provolone w/Wheat Bread<br>Carrot Rasin Salad<br>Pears                              | 19<br>Citrus Chicken Salad w/Almonds on a Croissant<br>Cottage Cheese<br>Peaches | 20<br>Beef & Bleu Salad<br>Mixed Fruit<br>Mandarin Oranges<br>Wheat Roll w/Butter                                       | 21<br>Roasted Veggie Lentil Salad<br>Apricots<br>Grapes<br>Flatbread                              | 22<br>Ham Salad w/Croissant<br>Hard Boiled Eggs<br>Watermelon                               |
| 25<br>Turkey & Swiss w/Rye Bread<br>Ranch Potato Salad<br>Fresh Cut Fruit<br><br><small>foster</small> | 26<br>BLT Sandwich<br>Broccoli Raisin Salad w/Sunflower Seeds<br>Pears           | 27<br>Tortellini Greek Pasta Salad<br>Apricots<br>Hummus Cup w/Pita Wedges  | 28<br>Thai Chashew Coconut Rice Bowl w/Ginger Peanut Sauce<br>Tropical Fruit<br>Mandarin Oranges  | 29<br>BBQ Chicken Salad<br>Pineapple Slaw<br>Watermelon                                     |

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### HIGHLIGHTING NEW MENU ITEMS

| 13   | 14  | 19   | 28   |
|--|---|--|--|
| <b>CURRIED CHICKEN SALAD</b>   | <b>CREAMY CHIPOTLE LIME BEAN SALAD</b>  | <b>CITRUS CHICKEN SALAD</b>                                      | <b>THAI CASHEW COCONUT RICE</b>  |
| Creamy chicken salad with a hint of spice served atop a bed of lettuce and topped with slivered almonds. | Blend of navy, kidney and black beans, bell peppers, tomatoes, onions, and corn in a tangy, creamy lime sauce | Creamy chicken salad with almonds, grapes and refreshing citrus. | Shredded cabbage, peppers, onions and crunchy cashews tossed in a peanut ginger sauce and served atop a bed of coconut flavored rice |