

NAME _____

SourcePoint Meals on Wheels Program

JULY - 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 Potato Crusted Tilapia Lemon Herb Kyoto Vegetables Wheat Roll w/Butter
4 CLOSED FOR 4TH OF JULY HOLIDAY	5 CLOSED NO MEAL DELIEVERY	6 Manicotti & Marinara Sauce California Veggie Blend Peas & Pearl Onions *All Hot are the same today	7 Salmon Burger w/Lemon Basil Aioli Roasted Sweet Potatoes Green Beans	8 Seared Lemon Chicken Mushroom Brown Rice Roasted Asparagus, Onions & Grape Tomatoes Breadstick w/ Butter
11 Roasted Vegetables w/Penne Pasta California Vegetable Blend Peas	12 BBQ Pork Ribettes Roasted Redskin Potatoes Corn	13 Southwestern Vegan Bowl Roasted Roma Tomatoes Malibu Veggie Blend Hawaiian Dinner Roll	14 Honey Mustard Baked Chicken Herbed Wild Rice Key West Veggie Blend	15 Unstuffed Cabbage Rolls Carrots Succotash Wheat Roll w/Butter
18 Pulled Pork Mac-N-Cheese Green Beans Diced Peach Cup	19 Grilled Salmon w/ Pineapple & Black Bean Salsa w/Cilantro Rice Maui Veggie Blend Corn Hawaiian Roll w/Butter	20 Caprese Stuffed Portobello Baby Bakers Cauliflower Wheat Roll w/Butter	21 Zucchini Roll-ups w/ Ricotta & Marinara Italian Stewed Chickpeas Italian Veggie Blend Garlic Bread	22 Ground Turkey & Summer Veggie Petso Quinoa Bowl Succotash Sauteed Super Greens
25 Meatloaf Roasted Redskin Potatoes Peas & Pearl Onions	26 Spinach & Mushroom Stuffed Shells Malibu Veggie Blend Green Beans Mixed Fruit Cup	27 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn	28 Sweet & Sour Pork w/Peppers & Onions White Rice Midori Veggie Blend Oriental Veggie Blend	29 Dill Glazed Salmon Confetti Brown Rice Green Beans Wheat Roll w/Butter

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

13	15	20	26
SOUTHWESTERN VEGAN BOWL	UNSTUFFED CABBAGE ROLLS	CAPRESE STUFFED PORTOBELLO	MALIBU VEGGIE BLEND
Sweet potatoes, black beans, lentils and brown rice tossed in a red wine vinaigrette.	Seasoned ground beef, onions, and tomato sauce combined with tender cabbage.	Baked portobello mushroom topped with fresh tomatoes, mozzarella, and basil and drizzled with a balsamic glaze.	A trio of broccoli, cauliflower and carrots.

SourcePoint Meals on Wheels Program

JULY - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Roasted Veggie Sandwich w/Herbed Ricotta & Wheat Bread Mixed Fruit White Cheddar Popcorn
4 CLOSED FOR 4TH OF JULY HOLIDAY	5 CLOSED NO MEAL DELIVERY	6 Egg Salad w/Croissant Swiss Cheese Cubes Hawaiian Fruit Salad *All Cold are the same today	7 Beef & Summer Veggie Salad Mixed Fruit Wheat Crackers	8 Beet & Mandarin Orange Salad Hard Boiled Eggs Pears Wheat Roll w/Butter
11 Greek Chicken & Grain Salad Roasted Red Pepper Hummus w/Broccoli & Carrots	12 Thai Peanut Quinoa Salad Tropical Fruit Mandarin Oranges	13 Strawberry Pecan Salmon Salad Vanilla Yogurt Pears Wheat Roll w/Butter	14 Caprese Beef Salad Fresh Cut Fruit Apricots	15 Chopped Mexican Salad w/ Lime Vinaigrette Tropical Fruit Salad w/Coconut Pineapple Mango Salsa Baked Tortilla Chips
18 Mediterranean Grain Bowl Fresh Cut Fruit Pears	19 Southwest Salad w/Ground Beef Black Bean & Corn Salsa Watermelon Tortilla Strips	20 BLT Sandwich Grapes Applesauce	21 Hawaiian BBQ Chicken Wrap Tropical Slaw Mandarin Oranges	22 Corn & Zucchini White Bean Salad w/Sundried Tomato Vinaigrette Swiss Cheese Cubes Fresh Cut Fruit
25 Summer Quinoa Salad w/ Sunflower Seeds Fresh Cut Fruit Pears Wheat Crackers	26 Chicken Salad Wrap Mandarin Oranges Whole Grain Goldfish Crackers	27 Ground Turkey Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Watermelon Baked Tortilla Chips	28 Tuna Pasta Salad Tomato Wedges Tropical Ambrosia Clementine	29 Mozzarella, Tomato & Chickpea Salad 3 Bean Salad Sliced Apples

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HIGHLIGHTING NEW MENU ITEMS

8	12	21	25
BEET & MANDARIN ORANGE SALAD	THAI PEANUT QUINOA SALAD	TROPICAL SLAW	SUMMER QUINOA SALAD
Beets, mandarin oranges, red onion over a bed of spring mix and topped with goat cheese, hard boiled eggs and a delightful raspberry vinaigrette	Asian blend of vegetables and quinoa tossed with a peanut sauce and topped with peanuts.	Sweet and savory crunchy coleslaw blended with tropical fruit salad.	Quinoa, cucumbers, peppers, dried cranberries, garbanzo, crunchy sunflower seeds tossed in a honey dijon vinaigrette.