

MONTHLY MEAL SELECTION

Sourcepoint Meals On Wheels Program
740-203-2433
spnutrition@mysourcepoint.org

NEW POLICY: Please cancel no later than
11:00 a.m. 2 days prior to delivery.
To order alternate meals, call
2 business days in advance.

July 2022	Select ONE noon meal per day and ONE evening meal									
	HOT DAILY					COLD DAILY				
SERVICE DATE	Regular	Low Sodium	Carb Control			Regular	Low Sodium	Carb Control		
Fri. 7/1/22										
Mon. 7/4/22										
Tue. 7/5/22										
Wed. 7/6/22										
Thu. 7/7/22										
Fri. 7/8/22										
Mon. 7/11/22										
Tue. 7/12/22										
Wed. 7/13/22										
Thu. 7/14/22										
Fri. 7/15/22										
Mon. 7/18/22										
Tue. 7/19/22										
Wed. 7/20/22										
Thu. 7/21/22										
Fri. 7/22/22										
Mon. 7/25/22										
Tue. 7/26/22										
Wed. 7/27/22										
Thu. 7/28/22										
Fri. 7/29/22										