

NAME _____

SourcePoint Meals on Wheels Program

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



AUGUST - HOT CARB CONTROLLED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatloaf Roasted Redskin Potatoes Green Beans	2 Turkey Burger w/Tomato Jam Cheddar Cheese & Bun Summer Roasted Veggies White Cheddar Popcorn	3 Cauliflower & Chickpea Curry Cilantro Rice Carrots	4 BBQ Pulled Pork Mac-N-Cheese Sautéed Super Greens	5 Pesto Bruschetta Chicken Baby Bakers European Veggie Blend Breadstick w/Butter
8 Broccoli Stuffed Chicken Sour Cream Mashed Potato Mixed Veggies Wheat Roll w/Butter	9 Turkey Lasagna Stuffed Zucchini Green Beans Malibu Veggie Blend Garlic Breadstick	10 Greek Stewed Veggies w/Feta Creamed Spinach Pita Bread	11 Shredded Pork Tinga w/Queso Fresco & Tortillas Corn & Black Beans Roasted Zucchini	12 Corned Beef Over Steamed Cabbage Spatzle Carrots
15 Burger w/American Cheese Lettuce, Tomato, Onion & Bun Baked Beans Green Beans	16 Loaded Mexican Sweet Potato Roasted Zucchini Broccoli	17 Peanut Tofu & Cauliflower Fried Rice Far East Veggie Blend Veggie Egg Roll	18 Pork Loin w/Savory Peach Sauce Baby Bakers Succotash	19 Hawaiian Turkey Meatballs White Rice Maui Veggie Blend Hawaiian Roll w/Butter
22 BBQ Beef Scalloped Potatoes Green Beans	23 Caprese Chicken w/Bacon Baby Bakers Malibu Veggie Blend Garlic Breadstick	24 Roasted Veggie Stuffed Portobello Roasted Sweet Potatoes Mixed Veggies	25 Baked Cod w/Lemon Cream Sauce Tri Colored Potatoes Spinach	26 Pork Meatballs w/Coconut Herb Sa Cauliflower Rice Kyoto Veggie Blend Midori Veggie Blend
29 Cheesesteak Stuffed Pepper Herb Roasted Redskin Potat Malibu Veggie Blend Garlic Breadstick	30 Ratatouille Stuffed Zucchini Roasted Sweet Potatoes Sautéed Super Greens Roll w/Butter	31 Lasagna Roll Ups w/Red Pepper Sau Green Beans California Veggie Blend Garlic Bread		

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

5	12	26	30
PESTO BRUSCHETTA CHICKEN	SPATZLE	Kyoto Veggie Blend	SAUTEED SUPER GREENS
Roasted chicken topped with a delicious medley of roma tomatoes, onions and basil pesto.	Pan-seared dumpling seasoned with garlic, thyme and butter.	Shelled Edamame, Broccoli Florets, Carrots, Corn, Red Bell Pepper	Sautéed shredded kale, broccoli, brussels sprouts, and cabbage with garlic and onion.

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AUGUST - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Summer Quinoa Salad w/Sunflower Seeds Swiss Cheese Cubes Pears	2 7 Layer Salad Cottage Cheese Peaches Garlic Bread	3 Roast Beef Lettuce Wrap Macaroni Salad Sliced Apples	4 Corn & Zucchini Salad w/Feta 3 Bean Salad Watermelon	5 Turkey Salad w/Wheat Bread Cheddar Sun Chips Clementine
8 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	9 Greek Stuffed Portobello w/Tofu Grapes Pears Wheat Roll w/Butter	10 Turkey & Mozzarella w/Pesto Aioli on Wheat Bread Roasted Zucchini Salad Mixed Fruit	11 Steak Cobb Salad w/Ranch Mixed Fruit Wheat Crackers	12 Thai Chicken Salad w/Peanuts Mandarin Oranges Tropical Fruit Salad w/Coconut
15 Chopped Mexican Salad w/Lime Vinaigrette Tortilla Chips w/Guacamole Watermelon	16 Shrimp Cocktail w/Lemon Dilled Pasta Salad Tropical Fruit Mandarin Orange Fruit Cup	17 Chicken Salad w/Croissant Clementine Whole Grain Goldfish	18 Asain Salad w/Peanuts Mandarin Oranges Papaya & Mango Fruit Cup Fortune Cookie	19 Steak, Walnut & Bleu Cheese Salad Apricots Sliced Apples Wheat Roll w/Butter
22 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears	23 Turkey & Cheddar w/Wheat Bread Herby Cauliflower & Chickpea Salad Peaches	24 Ham Salad w/Wheat Bread Swiss Cheese Cubes Tomato Wedges	25 Vanilla Yogurt Parfait Apple Slices w/Peanut Butter Blueberry Muffin w/Butter	26 Tuna Salad & Salad Greens Veggie Pasta Salad Mixed Fruit Wheat Roll w/Butter
29 Egg Salad w/Wheat Bread Creamy Cucumber Salad Applesauce	30 Turkey Club Sandwich w/Wheat Bread Apricots Mandarin Oranges	31 Chicken Caesar Salad 3 Bean Salad Tomato Wedges		

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HIGHLIGHTING NEW MENU ITEMS

1	12	15	29
SUMMER QUINOA SALAD	THAI CHICKEN SALAD	CHOPPED MEXICAN SALAD	EGG SALAD
Quinoa, cucumbers, peppers, dried cranberries, garbanzo, crunchy sunflower seeds tossed in a honey dijon vinaigrette.	Savory combination of shredded chicken, cabbage and peanuts dressed with a mildly spicy peanut butter dressing.	Romaine lettuce topped with black beans, corn, bell peppers, jicama, and cheese tossed with a garlic honey lime dressing.	Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise.