

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 LOW SODIUM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Broccoli Mandarin Oranges in Cup	2 Summer Seafood & Potato Bake Roasted Roma Tomatoes Kyoto Veggie Blend	3 Roasted Veggie Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions	4 Turkey Burger w/Swiss Caramelized Onions w/Bun Succotash Green Beans	5 Teriyaki Pork, Mushroom & Zucchini Stir Fry w/White Rice Far East Veggie Blend Oriental Veggie Blend
8 BBQ Pork Loin w/Roasted Peach BBQ Sauce Sour Cream Mashed Potato Broccoli	9 Burger w/Bun & Swiss Cheese Lettuce, Tomato, Onion Roasted Sweet Potatoes Succotash	10 Caribbean Chicken Stir-Fry Over Brown Rice Maui Veggie Blend Green Beans Hawaiian Roll w/Butter	11 Portobello Fajitas w/Tortillas Seasoned Black Beans Corn Guacamole Cup	12 Potato Crusted Tilapia Lemon Herb Rice Kyoto Veggie Blend Wheat Roll w/Butter
15 Quinoa & Veggie Stuffed Peppers w/Feta Cheese Stewed Tomatoes Succotash Garlic Breadstick	16 Sloppy Joe w/Bun Roasted Yukon Potatoes Broccoli	17 Bacon, Asparagus & Leek Crustless Quiche Roasted Redskin Potatoes Roasted Roma Tomatoes	18 Salmon Burger w/Lemon Basil Aioli & Bun Roasted Sweet Potatoes Green Beans	19 Seared Lemon Chicken Mushroom Brown Rice Roasted Asparagus, Onions & Grape Tomatoes Breadstick & Butter
22 Roasted Veggies w/Penne Pasta California Veggie Blend Peas	23 BBQ Pork Ribettes Roasted Redskin Potatoes Corn	24 Southwest Vegan Bowl Roasted Roma Tomatoes Malibu Veggie Blend Hawaiian Roll w/Butter	25 Baked Honey Mustard Chicken Herbed Wild Rice Key West Veggie Blend	26 Unstuffed Cabbage Roll Casserole Carrots Succotash Wheat Roll w/Butter
29 Pulled Pork Mac-N-Cheese Green Beans Diced Peaches in Cup	30 Grilled Salmon w/Pineapple Black Bean Salsa w/Cilantro Rice Corn Maui Veggie Blend Hawaiian Roll w/Butter	31 Caprese Stuffed Portobello Baby Bakers Cauliflower 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

10	15	17	31
CARIBBEAN CHICKEN STIR-FRY	QUINOA & VEGGIE STUFFED PEPPER	CRUSTLESS QUICHE	CAPRESE STUFFED PORTOBELLO
Lightly spiced chicken with a tropical flair served with brown rice.	Fresh green peppers steamed and then stuffed with sauteed eggplant, onion, zucchini, and quinoa topped with creamy feta cheese.	Quiche of bacon, asparagus, leeks and Swiss cheese baked until golden brown.	Baked portobello mushroom topped with fresh tomatoes, mozzarella, and basil and drizzled with a balsamic glaze.

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# AUGUST - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken, Chickpea Tomato & Cucumber Salad Ambrosia Watermelon	2 Vanilla Yogurt Parfait Mini Blueberry Muffin w/Butter Diced Peaches in a Cup	3 Dilled Pasta Salad w/Bay Shrimp Hard Boiled Eggs Wheat Crackers Tropical Fruit Cup	4 Roast Beef & Swiss Cheese on Wheat Bread Carrot Raisin Salad Mixed Fruit	5 Summer Veggie Salad w/Goat Cheese Crumbles Ranch Potato Salad Fresh Cut Fruit
8 Turkey & Swiss w/Wheat Bread Tomato Wedges Clementine Applesauce Cup	9 Asparagus, Egg, Bacon & Walnut Salad Pears Grapes	10 Cottage Cheese & Pineapple Celery Sticks w/Peanut Butter Whole Grain Banana Muffin Sliced Apple Bag	11 Tuna Salad Over Salad Greens Macaroni Salad Mandarin Oranges Wheat Crackers	12 Roasted Veggie Sandwich w/Herbed Ricotta & Wheat Bread Mixed Fruit White Cheddar Popco
15 Turkey Salad Swiss Cheese Cubes Tomato Wedges Sliced Apples	16 Chicken Italian Caesar Wrap Grapes Clementine	17 Egg Salad w/ Wheat Bread Pesto Salad Fresh Cut Fruit	18 Beef & Summer Veggies Salad Mixed Fruit Wheat Crackers	19 Beet & Mandarin Orange Salad Hard Boiled Eggs Pears Wheat Roll w/Butter
22 Greek Chicken & Grain Salad Roasted Red Pepper Hummus w/Broccoli & Carrots	23 Thai Peanut Quinoa Salad Tropical Fruit Mandarin Oranges	24 Strawberry Pecan Salmon Salad Vanilla Yogurt Pears Wheat Roll w/Butter	25 Caprese Beef Salad Fresh Cut Fruit Apricots	26 Chopped Mexican Salad Tropical Fruit Salad w/Coconut Pineapple Mango Salsa Baked Tortilla Chips
29 Mediterranean Grain Bowl w/ Diced Avocado Fresh Cut Fruit Pears	30 Southwest Salad w/Seasoned Ground Beef Black Bean & Corn Salsa Watermelon	31 BLT Sandwich w/Wheat Bread Grapes Applesauce		

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HIGHLIGHTING NEW MENU ITEMS

2	5	19	22
VANILLA YOGURT PARFAIT	SUMMER VEGETABLE SALAD	BEEF & MANDARIN ORANGE	GREEK CHICKEN & GRAIN SALAD
Creamy vanilla yogurt topped with Michigan fruit blend. Served with crunchy granola and whipped cream.	Bed of romaine lettuce topped with a marinated blend of cucumber, cauliflower, tomato, bell peppers, and carrots topped with goat cheese.	Beets, Mandarin Oranges with Red Onion and Goat Cheese, Hard Boiled Eggs and Crisp Spring Mix with a Delightful Raspberry Vinaigrette.	Roasted chicken, cucumbers, tomatoes, Kalamata olives, red onion, and quinoa mixed with quinoa and served on a bed of lettuce. Topped with creamy feta cheese.