

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 DAILY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup	2 White Cheddar Mac-N-Cheese Stewed Tomatoes Mixed Veggies Clementine	3 Caprese Chicken w/Provolone Baby Bakers Broccoli Garlic Breadstick	4 Potato Crusted Tilapia Lemon Herb Rice Key West Veggie Blend Wheat Roll w/Butter	5 Hot Dog w/Bun Roasted Yukon Potatoes Corn
8 Beef Lasagna Peas & Carrots Italian Veggie Blend Garlic Bread	9 Veggie Teriyaki w/Cashews Over Brown Rice Broccoli Veggie Egg Roll Clementine	10 BBQ Pulled Pork w/Bun Mac-N-Cheese Green Beans	11 Fried Chicken Legs Roasted Redskin Potatoes Succotash Cornbread	12 Veggie Burger w/Cheddar Guacamole Cup & Bun Roasted Redskin Potatoes Mandarin Orange Cup
15 TexMex Chicken & Zucchini Bake Spanish Rice Corn Peach Cup	16 Cheese Lasagna Roll Ups w/Red Pepper Sauce Italian Veggie Blend Peas & Pearl Onions Garlic Breadstick	17 Grilled Salmon w/Pineapple Salsa Coconut Rice Far East Veggie Blend Hawaiian Roll w/Butter	18 Turkey Tetrazzini Steamed Baby Carrots Roasted Roma Tomatoes	19 Sliced Brat w/Sauerkraut Roasted Red Skin Potatoes Country Apples
22 Turkey Chili Stuffed Baked Potato w/Cheddar & Sour Cream Broccoli Corn	23 Vegetable Lasagna Italian Veggie Blend Peas & Carrots Garlic Bread	24 Meatloaf Baby Bakers Green Beans	25 Pork & Pineapple Teriyaki Over White Rice Midori Veggie Blend Far East Veggie Blend	26 BBQ Chicken Grain Bowl w/Tortilla Strips & Ranch Roasted Roma Tomatoes Roasted Zucchini
29 Bourbon Glazed Chicken Mashed Yukon Potatoes California Veggie Blend	30 Indian Butter Cauliflower w/Chickpeas White Rice Peas	31 Southwest Turkey Rice Casserole w/Cheddar & Sour Cream Mexican Street Corn Roasted Zucchini		

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**

1	9	15	26
POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS	TEXMEX CHICKEN & ZUCCHINI BAKE	BBQ CHICKEN GRAIN BOWL
Diced potatoes, onion, peppers, and a savory herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce.	Roasted chicken, black beans and tomatoes with Southwest style seasonings topped with cheddar cheese.	Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.

**SourcePoint Meals on Wheels Program**

**AUGUST - COLD 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 Tuna Pasta Salad Pineapple Mandarin Oranges Wheat Crackers	2 Chicken Caesar Salad Macaroni Salad Apricots	3 Sliced Turkey w/Swiss & Wheat Bread Italian Pasta Salad Peaches	4 Moroccan Barley Salad Apricots Tropical Ambrosia	5 Summer Corn, Tomato & White Bean Salad Fresh Fruit Cup Pear Cup Wheat Crackers
8 Egg Salad w/Croissant 3 Bean Salad Mixed Fruit	9 Caprese Chicken Salad w/ Balsamic Dressing Pesto Pasta Salad Pears	10 Roast Beef w/Cheddar & Wheat Bread Bacon Pea Ranch Salad Apricots	11 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	12 Ranch Turkey Wrap Fresh Cut Fruit Cheddar Sun Chips
15 Flaked Salmon Salad Greek Pasta Salad Mandarin Oranges Wheat Crackers	16 Chef Salad w/ Ham & Turkey Mixed Fruit Garlic Bread	17 Roast Beef w/Provolone & Wheat Bread Kale Almond Side Salad Ambrosia	18 Tomato, Cucumber & Spinach Sandw w/Herbed Cream Cheese Spread & Wheat Bread Pears Whole Grain Goldfish Crackers	19 Pesto Chickpea Veggie Salad w/Goat Cheese & Flatbread Peaches Fresh Cut Fruit
22 Ham & Swiss w/ Rye Bread Tomato Wedges Fresh Cut Fruit	23 Taco Salad w/Tortilla Strips Roasted Sweet Potato, Corn & Black Bean Salad Watermelon	24 Curried Chicken Salad w/Almonds & Flatbread Cucumber Salad Tropical Fruit Salad w/Coconut	25 Creamy Chipotle Lime Bean Salad Mandarin Oranges Baked Tortilla Chips & Salsa	26 Italian Torellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
29 Tuna Salad w/Provolone & Wheat Bread Carrot Raisin Salad Pears	30 Citrus Chicken Salad w/Almonds & Croissant Cottage Cheese Peaches	31 Beef & Bleu Salad Mixed Fruit Mandarin Oranges 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 NEW MENU ITEMS**

4	11	24	25
MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD	CURRIED CHICKEN SALAD	CREAMY CHIPOTLE LIME BEAN SALAD
Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley.	Garbanzo beans, red peppers, red onion, cucumbers, tomatoes, Kalamata olives, feta cheese tossed in Greek dressing.	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.