

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT CARB CONTROLLED

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
			Mushroom, Spinach, Leek & Bacon Fittata Potatoes O'Brien Stewed Tomatoes 	Garlic Chicken Stir Fry w/Brown Rice Midori Veggie Blend Far East Veggie Blend
5 CLOSED FOR LABOR DAY HOLIDAY	6 CLOSED NO MEAL DELIVERY	7 Roasted Vegetable Lasagna Italian Vegetable Blend Peas and Carrots	8 Summer Veggie Pot Pie Broccoli Green Beans 	9 Turkey Burger w/Provolone & Onions & Mushrooms Roasted Roma Tomatoes Mixed Veggies
12 Meatloaf Roasted Redskin Potatoes Green Beans	13 Turkey Burger w/White Cheddar & Tomato Jam Summer Roasted Veggie Blend White Cheddar Popcorn	14 Cauliflower & Chickpea Curry Cilantro Rice Steamed Baby Carrots 	15 BBQ Pulled Pork Entrée Mac-N-Cheese Sauteed Super Greens	16 Pesto Bruschetta Chicken Baby Bakers European Veggie Blend Breadstick w/Butter
19 Broccoli Stuffed Chicken Sour Cream Mashed Potatoes Mixed Veggies Wheat Roll w/Butter	20 Turkey Lasagna Stuffed Zucchini Green Beans Malibu Veggie Blend Garlic Breadstick	21 Greek Stewed Veggies w/Feta Creamed Spinach 	22 Shredded Pork Tinga w/Queso Fresco & Tortillas Corn & Black Beans Roasted Zucchini	23 Corned Beef Entrée Steamed Cabbage Spatzle Carrots
26 Burger w/American Lettuce Tomato & Onion Baked Beans Green Beans	27 Loaded Mexican Sweet Potato Roasted Zucchini Broccoli	28 Peanut Tofu & Cauliflower Rice Stir-Fry Far East Veggie Blend Vegetarian Egg Roll 	29 Pork Loin w/Savory Peach Sauce Baby Bakers Succotash	30 Hawaiian Turkey Meatballs White Rice Maui Veggie Blend Hawaiian Dinner 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

16	21	28
PESTO BRUSCHETTA CHICKEN	GREEK STEWED VEGETABLES	PEANUT TOFU STIR-FRY
Roasted chicken topped with a delivious medley of roma tomatoes, onions and basil pesto.	Stewed vegetable medley of eggplant, tomatoes, onions, bell peppers and zucchini topped with creamy feta cheese crumbles and served with pita bread. 	Baked tofu dressed with a creamy sauce of peanut butter, sweet chili sauce and brown sugar. 

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SEPTEMBER - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Steak, Blueberry, & Pecan Spinach Salad Cottage Cheese Peaches	2 Garden Salad Cheddar Cheese Cubes Apple Cinnamon Muffin
5 CLOSED FOR LABOR DAY HOLIDAY	6 CLOSED NO MEAL DELIVERY	7 Taco Salad Tropical Fruit Cornbread	8 Creamy Chicken & Bacon Broccoli Salad Pineapple Pistachio Ambrosia Watermelon	9 Peach, Blueberry & Almond & Spinach Salad Tomato & Cucumber Salad Wheat Roll w/Butter
12 Summer Quinoa Salad w/Sunflower Seeds Swiss Cheese Cubes Pears	13 7 Layer Salad Cottage Cheese Peaches Garlic Bread	14 Roast Beef Lettuce Wrap Macaroni Salad Sliced Apples Bag	15 Corn & Zucchini Salad with Feta 3 Bean Salad Watermelon	16 Turkey Salad w/Wheat Bread Cheddar Whole Grain Sun Chips Clementine
19 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	20 Greek Stuffed Portobello w/Tofu Grapes Pears Wheat Roll w/Butter	21 Turkey & Mozzarella w/Pesto Aioli on Wheat Bread Roasted Zucchini Salad Mixed Fruit	22 Steak Cobb Salad Mixed Fruit Wheat Crackers	23 Thai Chicken Salad w/Peanuts Mandarin Oranges Tropical Fruit Salad w/Coconut
26 Chopped Mexican Salad w/Lime Vinaigrette Tortilla Chips & Guac Cup Watermelon	27 Shrimp Cocktail w/Lemon Dilled Pasta Salad Tropical Fruit Mandarin Orange Cup	28 Chicken Salad on a Croissant Clementine Whole Grain Goldfish Crackers	29 Asian Salad w/Peanuts Mandarin Oranges Papaya & Mango Fruit Cup Fortune Cookie	30 Steak, Walnut & Bleu Cheese Salad Apricots Sliced Apples in a Bag Wheat Roll w/Butter

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HIGHLIGHTING NEW MENU ITEMS

12	23	26	27
SUMMER QUINOA SALAD	THAI CHICKEN SALAD W/PEANUTS	CHOPPED MEXICAN SALAD	DILL PASTA SALAD W/SHRIMP
Quinoa, cucumbers, peppers, dried cranberries, garbanzo, crunchy sunflower seeds tossed in a honey dijon vinaigrette.	Thin sliced Napa and red cabbage, onions, carrots, shredded chicken tossed in a savory vinaigrette and topped with crunchy peanuts.	Romaine lettuce topped with black beans, corn, bell peppers, Jicama, and cheese tossed with a garlic honey lime dressing.	Classic pasta salad with celery and red onion with fresh dill and shrimp.