

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT 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 Coconut Lime Shrimp w/Summer Veggies & White Rice Key West Veggie Blend Clementine	2 Baked Spaghetti w/Mini Meatball Italian Veggie Blend Peas & Carrots Roll w/Butter
5 CLOSED FOR LABOR DAY HOLIDAY	6 CLOSED NO MEAL DELIVERY	7 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots	8 Turkey w/Gravy Sour Cream Mashed Yukons Green Bean Casserole Mandarin Orange Fruit Cup	9 Burger w/American Cheese Lettuce, Tomato and Onion Baked Beans Corn
12 Waffle w/ Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup	13 White Cheddar Mac-N-Cheese Stewed Tomatoes Mixed Veggies Clementine	14 Caprese Chicken w/Provolone Baby Bakers Broccoli Garlic Breadstick	15 Potato Crusted Tilapia Lemon Herb Rice Key West Veggie Blend Wheat Roll w/Butter	16 Hot Dog w/Bun Roasted Yukon Potatoes Corn
19 Beef Lasagna Peas & Carrots Italian Veggie Blend Garlic Bread	20 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Veggie Egg Roll Clementine	21 BBQ Pulled Pork Mac-N-Cheese Green Beans	22 Fried Chicken Legs Roasted Redskin Potatoes Succotash Cornbread	23 Veggie Burger w/Cheddar Guacamole Cup Roasted Redskin Potatoes Mandarin Oranges
26 Tex Mex Chicken & Zucchini Bake Spanish Rice Corn Peaches Fruit Cup	27 Cheese Lasagna Roll Ups w/Roasted Red Pepper Sauce Italian Veggie Blend Peas & Pearl Onions Garlic Breadstick	28 Grilled Salmon w/Pineapple Salsa Coconut Rice Far East Veggie Blend Hawaiian Roll w/Butter	29 Turkey Tetrazzini Carrots Roasted Roma Tomatoes	30 Sliced Brat w/Sauerkraut Roasted Redskin Potatoes Country Apples

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

12	20	26
SPICED PEACHES	VEGETABLE TERIYAKI W/CASHEWS	TEXMEX CHICKEN & ZUCCHINI BAKE
Sweet peaches mixed with a delicious cinnamon maple spice.	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.

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SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Roasted Veggie Lentil Salad w/Feta Cheese Apricots, Grapes Flatbread	Ham Salad Hard Boiled Eggs Watermelon Croissant
5	6	7	8	9
CLOSED FOR LABOR DAY HOLIDAY	CLOSED NO MEAL DELIVERY	Taco Salad Tropical Fruit Cornbread	Thai Cashew Coconut Rice Bowl w/Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	BBQ Chicken Salad Pineapple Slaw Watermelon
12	13	14	15	16
Tuna Pasta Salad Pineapple Mandarin Oranges Wheat Crackers	Chicken Caesar Salad Macaroni Salad Apricots Parmesean, Croutons, Caesar	Sliced Turkey & Swiss Italian Pasta Salad Peaches Wheat Bread w/Mayo	Moroccan Barley Salad Apricots Tropical Ambrosia	Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Wheat Crackers
19	20	21	22	23
Egg Salad w/Croissant 3 Bean Salad Mixed Fruit	Caprese Beef Salad Pesto Pasta Salad Pears	Roast Beef & Cheddar w/Wheat Bread Bacon Pea Ranch Salad Apricots	Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	Ranch Turkey Wrap Cheddar Whole Grain Sun Chips Fresh Cut Fruit
26	27	28	29	30
Flaked Salmon Salad Greek Pasta Salad Mandarin Oranges Wheat Crackers	Chef Salad w/Ham & Turkey Mixed Fruit Garlic Bread	Roast Beef & Provolone w/Wheat Bread Kale Almond Salad Ambrosia	Tomato, Cucumber & Spinach Sandwich w/Wheat Bread Herbed Cream Cheese Spread Pears Gold Fish Crackers	Pesto Chickpea Veggie Salad Peaches Fresh Cut Fruit Flatbread

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HIGHLIGHTING NEW MENU ITEMS

9	15	22	27
PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD	CHEF SALAD
Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onion, cucumbers, tomatoes, Kalamata olives, feta cheese tossed in Greek dressing.	Enjoy this classic Favorite! Hard Boiled Eggs, Ham, Turkey, Tomatoes, and Cheese on a bed of tossed Crisp Lettuce.