

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**SEPTEMBER - HOT LOW SODIUM**

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
			Zucchini Roll Ups w/Ricotta & Marinara Italian Stewed Chickpeas Italian Veggie Blend Garlic Bread	Ground Turkey & Summer Veggie Pesto Quinoa Bowl Succotash Sauteed Super Greens
5 CLOSED FOR LABOR DAY HOLIDAY	6 CLOSED NO MEAL DELIVERY	7 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots	8 Sweet & Sour Pork w/ Peppers & Onions White Rice Midori Veggie Blend Oriental Veggie Blend	9 Dill Glazed Salmon Confetti Brown Rice Green Beans Wheat Roll w/Butter
12 BBQ Chickpea Quinoa Bowl Roasted Zucchini Broccoli Mandarin Oranges Fruit Cup	13 Summer Seafood & Potato Bake Smashed Potatoes Roasted Roma Tomatoes Kyoto Veggie Blend	14 Roasted Veggie Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions	15 Turkey Burger w/Swiss Cheese Caramelized Onions Succotash Green Beans	16 Teriyaki Pork, Mushroom & Zucchini Stir Fry w/White Rice Far East Veggie Blend Oriental Veggie Blend
19 BBQ Pork Loin w/ Roasted Peach BBQ Sauce Sour Cream Mashed Potatoes Broccoli	20 Burger w/Swiss Cheese Lettuce, Tomato & Onion Roasted Sweet Potatoes Succotash	21 Caribbean Chicken Stir-Fry w/Brown Rice Maui Veggie Blend Green Beans Hawaiian Roll w/Butter	22 Portobello Fajitas w/ Seasoned Black Beans Corn Guacamole Cup	23 Potato Crusted Tilapia Lemon Herb Rice Kyoto Veggie Blend Roll w/Butter
26 Quinoa & Veggie Stuffed Peppers Stewed Tomatoes Succotash Garlic Breadstick	27 Sloppy Joe Roasted Yukon Potatoes Broccoli	28 Bacon, Asparagus & Leek Crustless Quiche Roasted Redskin Potatoes Roasted Roma Tomatoes	29 Salmon Burger w/Lemon Basil Aioli Roasted Sweet Potatoes Green Beans	30 Seared Lemon Chicken & Mushroom Brown Rice Roasted Asparagus, Onions & Grape Tomatoes Breadstick 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**

1	14	21	23
<b>ITALIAN STEWED CHICKPEAS</b>	<b>VEGGIES STUFFED PORTOBELLO</b>	<b>CARIBBEAN CHICKEN STIR-FRY</b>	<b>Kyoto Veggie Blend</b>
Garbanzo beans, red bell peppers, red onion and tomatoes stewed in Italian herbs make this a great new fall favorite.	Tender portobello mushroom stuffed with a medley of roasted vegetables seasoned with pesto and parmesan cheese.	Lightly spiced chicken with a tropical flair served with brown rice.	Shelled Edamame, Broccoli Florets, Carrots, Corn, Red Bell Pepper

SourcePoint Meals on Wheels Program

**SEPTEMBER-COLD LOW SODIUM**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Hawaiian BBQ Chicken Wrap Tropical Slaw Mandarin Oranges	2 Corn & Zucchini White Bean Salad Swiss Cheese Cubes Fresh Cut Fruit
5 CLOSED FOR LABOR DAY HOLIDAY	6 CLOSED NO MEAL DELIVERY	7 Taco Salad Tropical Fruit Cornbread	8 Tuna Pasta Salad Tropical Ambrosia Tomato Wedges Clementine	9 Mozzarella, Tomato, Chickpea Salad 3 Bean Salad Peaches Sliced Apples
12 Chicken, Chickpea, Tomato & Cucumber Salad Ambrosia Watermelon	13 Vanilla Yogurt Parfait Blueberry Muffin w/Butter Diced Peaches Fruit Cup	14 Dilled Pasta Salad w/Bay Shrimp Hard Boiled Eggs Wheat Crackers Tropical Fruit Cup	15 Roast Beef & Swiss w/Wheat Bread Carrot Raisin Salad Mixed Fruit	16 Summer Veggie Salad w/Goat Cheese Crumbles Ranch Potato Salad Fresh Cut Fruit
19 Turkey & Swiss w/Wheat Bread Tomato Wedges Clementine Applesauce Cup	20 Asparagus, Egg, Bacon & Walnut Salad Pears Grapes	21 Cottage Cheese w/Pineapples Celery Sticks w/Peanut Butter Whole Grain Banana Muffin Sliced Apples	22 Tuna Salad Macaroni Salad Mandarin Oranges Wheat Crackers	23 Roasted Veggie Sandwich w/Wheat Bread Mixed Fruit White Cheddar Popcorn
26 Turkey Salad Swiss Cheese Cubes Tomato Wedges Sliced Apples	27 Chicken Italian Caesar Wrap Grapes Clementine	28 Egg Salad w/Wheat Bread Chopped Veggie Pesto Salad Fresh Fruit Cup	29 Beef & Summer Veggie Salad Mixed Fruit Wheat Crackers	30 Beet & Mandarin Orange Salad Hard Boiled Eggs Pears Wheat Roll w/Butter

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**HIGHLIGHTING NEW MENU ITEMS**

12	13	28	30
<b>AMBROSIA</b>	<b>VANILLA YOGURT PARFAIT</b>	<b>EGG SALAD</b>	<b>BEET &amp; MANDARIN ORANGE</b>
A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows.	Creamy vanilla yogurt topped with Michigan fruit blend. Served with crunchy granola and whipped cream.	Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise.	Beets, Mandarin Oranges with Red Onion and Goat Cheese, Hard Boiled Eggs and Crisp Spring Mix with a Delightful Raspberry Vinaigrette.