

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**NOVEMBER -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
	1 Baked Tilapia Over Spinach w/Lemon Butter Sauce Sour Cream Mashed Potatoes Kyoto Veggie Blend	2 Mushroom Quinoa Patty w/Swiss Cheese Roasted Roma Tomatoes Brussels Sprouts	3 BBQ Beef Baked Beans Broccoli Hawaiian Roll	4 Chicken Tex Mex Casserole w/Sour Cream Green Beans Tropical Fruit Cup
7 Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potatoes Corn	8 Meatloaf Roasted Redskin Potatoes Green Beans	9 Spinach Artichoke Spaghetti Squash Casserole Sauteed Super Greens & White Beans Roasted Roma Tomatoes	10 Pan Seared Cod Loin w/Fresh Tomato Basil Salsa Mashed Yukon Potatoes Italian Veggie Blend Garlic Bread	11 Asian Pork Meatballs Over Sauteed Cabbage Oriental Veggie Blend
14 Grilled Salmon w/Lemon Wheel Herbed Wild Rice Whipped Parsnips	15 Fajita Chix Casserole Cilantro Rice Tortilla Chips & Guac Cup	16 Broccoli, Mushroom & Swiss Cheese Frittata Cubed Potatoes Roasted Roma Tomatoes	17 Herb Crusted Pork w/Pork Gravy Rice Pilaf Roasted Root Veggies Wheat Roll w/Butter	18 Baked Mini Sweet Bell Peppers Roasted Yukon Potatoes Succotash Papaya & Mango Cup
21 Balsamic Glazed Salmon Baby Bakers Sauteed Mushrooms, Onions & Green Beans Diced Pear Cup	22 Butternut Squash & White Bean Coconut Vegetable Stew Whipped Cauliflower Carrots	23 Mushroom & Swiss Quiche Brussels Sprouts Stewed Tomatos Sliced Apples Bag	24 CLOSED HAPPY THANKSGIVING!	25 CLOSED HAPPY THANKSGIVING!
28 Roasted Veggie Lasagna Italian Veggie Blend Peas & Carrots ***ALL HOT ARE THE SAME**	29 French Toast Bake Cubed Potatoes Cinnamon Spiced Peaches Yogurt Cup ***ALL HOT ARE THE SAME***	30 Spinach Artichoke Stuffed Portobello White Bean & Tomato Ragout Cauliflower		

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**












9	18	23	30
<b>SPINACH ARTICHOKE SPAGHETTI</b>	<b>STUFFED MINI BELL PEPPERS</b>	<b>MUSHROOM &amp; SWISS QUICHE</b>	<b>White Bean &amp; Tomato Ragout</b>
Creamy blend of cream cheese and parmesan cheese combined with roasted spaghetti squash, artichoke hearts, spinach.	Mini bell peppers stuffed with cheese and black beans.	Hearty breakfast classic with a delicious filling of eggs, onion, mushrooms and swiss cheese.	A fall Favorite! Heaty Stew like ragout, with Navy Beans and Diced Onions and Grape Tomatoes. Its sure to make you warm on a chilly day!

SourcePoint Meals on Wheels Program

**NOVEMBER -COLD CARB CONRTROLLED**

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
	<b>1</b> Beet, Almond, Arugula & Feta Salad Mandarin Oranges Garlic Breadstick 	<b>2</b> Corned Beef & Swiss w/Rye Bread Tomato Wedges Applesauce	<b>3</b> BLT Chicken Salad Broccoli Raisin Salad w/Sunflower Seeds Peanut Butter Sandwich Crackers	<b>4</b> BBQ Chickpea Chopped Salad Cheddar Cheese Cubes Baked Tortilla Chips 
<b>7</b> Mozzarella, Tomato, & Chickpea Salad Italian Pasta Salad Apricots 	<b>8</b> Turkey Breast & Cheddar on Wheat Bread Hard Boiled Eggs Applesauce	<b>9</b> Ham & Swiss w/Wheat Bread Tomato Wedges Baby Carrots Strawberry Chex Mix	<b>10</b> Roasted Veggie Salad w/Goat Cheese Cottage Cheese Pears 	<b>11</b> Black Bean Taco Salad Tropical Fruit Salad Guacamole Cup 
<b>14</b> Sesame Ginger Mandarin Orange Salad w/Sesame Brittle Tropical Fruit Salad Fortune Cookie 	<b>15</b> Dilled Pasta Salad w/Bay Shrimp Caprese Salad Hard Boiled Eggs 	<b>16</b> Turkey Salad w/Craisins & Pecans Fruit Salad Wheat Crackers Cheddar Rice Cakes	<b>17</b> Guac & Veggie Sandwich w/Wheat Bread Cheddar Cheese Cubes Applesauce 	<b>18</b> Mushroom, Egg & Bacon Salad Fresh Cut Fruit Colby Cheese Stick
<b>21</b> Harvest Veggie Salad w/Almonds Broccoli Florets Baby Carrots 	<b>22</b> French Quiche w/Bacon & Onions Cucumber Salad Mini Blueberry Muffin	<b>23</b> Mediterranean Chickpea Tuna Salad 3 Bean Salad Peaches 	<b>24</b> CLOSED HAPPY THANKSGIVING!	<b>25</b> CLOSED HAPPY THANKSGIVING!
<b>28</b> Sliced Turkey on Wheat Bread w/Swiss Cheese & Mustard Strawberry Chex Mix Mandarin Oranges ***ALL COLD ARE THE SAME**	<b>29</b> Taco Salad Tropical Fruit Cornbread ***ALL COLD ARE THE SAME***	<b>30</b> Crustless Shrimp & Spinach Quiche Pistachio & Pineapple Ambrosia Poppyseed Bread 		

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**

<b>3</b>	<b>15</b>	<b>23</b>	<b>30</b>
<b>BLT CHICKEN SALAD</b>	<b>DILL PASTA SALAD W/SHRIMP</b>	<b>THREE BEAN SALAD</b>	<b>PINEAPPLE PISTACHIO AMBROSIA</b>
Your favorite BLT, but in salad form. Fresh romaine lettuce and grape tomatoes mixed with bacon bits, hardboiled eggs and topped with chicken and ranch dressing.	Classic pasta salad with celery and red onion with fresh dill and shrimp.	Sweet and sour marinade gives this trio of green beans, wax beans and dark kidney beans its tangy flavor.	A delightful, light and fluffy salad with pineapples, pistachios & creamy whipped topping and mini marshmallows.