

NAME _____

SourcePoint Meals on Wheels Program

NOVEMBER - 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 Vegetable Frittata Herb Roasted Redskins Brussels Sprouts Biscuit w/Butter	2 Turkey Burger w/Peppers, Onions & Smoked Gouda Cheese Sweet Potatoes, Black Beans & Corn Roasted Roma Tomatoes	3 Fried Chicken Leg Roasted Sweet Potatoes Succotash Cornbread	4 Tuscan White Beans, Kale & Sundried Tomatoes Malibu Veggie Blend Roasted Cauliflower Breadstick w/Butter
7 BBQ Pulled Pork Scalloped Potatoes Green Beans	8 Roasted Veggie Pasta Bake Peas Carrots	9 Chicken Tikka Masala w/White Rice Roasted Curry Veggies	10 Sloppy Joe's Roasted Redskin Potatoes Malibu Veggie Blend	11 Teriyaki Salmon Over Asian Rice Far East Veggie Blend Oriental Veggie Blend
14 Meatloaf Sandwich w/Caramelized Onions & Gouda Corn Peas	15 White Cheddar Mac-N-Cheese Stewed Tomatoes Kyoto Veggie Blend Mandarin Oranges in Cup	16 Potato Crusted Tilapia w/ Lemon Herb Rice Malibu Veggie Blend Breadstick w/Butter	17 Root Beer Braised Pork Roasted Redskin Potatoes Green Beans Cornbread	18 Roast Turkey w/Gravy Cranberry Apple Cider Cornbread Stuffing California Veggie Blend Wheat Roll w/Butter
21 Philly Sandwich w/Provolone & Mushrooms, Peppers & Onions Herb Roasted Redskin Potatoes Sliced Apples	22 Creamy Sundried Tomato Pasta Italian Veggie Blend Brussels Sprouts	23 Hot Dog Roasted Yukon Potatoes Corn	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 Waffle Blueberries Hashbrown 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

9	15	18	22
CHICKEN TIKKA MASALA	Kyoto Veggie Blend	CRANBERRY APPLE CIDER CORNBREAD	CREAMY SUNDRIED TOMATO PASTA
Chicken in a red Indian sauce made up of tomatoes, tikka masala seasoning and coconut milk.	Shelled Edamame, Broccoli Florets, Carrots, Corn, Red Bell Pepper	You take delicious cornbread add some apple cider, apple slices and cranberries to make this a new fall favorite.	Cream sauce flavored with garlic, onions, and sundried tomatoes over penne pasta.

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NOVEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey Club Sandwich w/Wheat Bread Apricots Mixed Fruit	2 Shrimp Cocktail w/Lemon Wedge Dilled Pasta Salad Mandarin Oranges	3 Vanilla Yogurt Parfait w/Michigan Fruit Blend Sliced Apples & Peanut Butter Mini Blueberry Muffin w/Butter	4 Roast Beef & Swiss on Rye Mixed Fruit Cheddar Rice Cakes
7 Turkey & Swiss on Wheat Applesauce Maple Spiced Peaches Strawberry Chex Mix	8 Strawberry Salmon Salad w/Mixed Greens, Feta & Onion Pears Breadstick & Butter	9 Citrus Chicken Salad w/Almonds & Croissant Cottage Cheese Pinapple	10 Calico Salad Peaches Cornbread	11 Steak Greek Salad w/Romaine & Feta Apricots Wheat Crackers
14 BLT w/Wheat Bread Mandarin Oranges White Cheddar Popcorn	15 Egg Salad w/Wheat Bread 3 Bean Salad Fresh Cut Fruit	16 Taco Salad W/Tortilla Strips Mexican Corn Salad Tropical Fruit	17 Garden Salad Cottage Cheese Whole Grain Apple Cinnamon Muffin	18 Roasted Red Pepper & Chicken Pasta Salad Peaches Wheat Crackers
21 Chicken Salad w/Wheat Bread Kale Almond Salad Ambrosia	22 Grilled Salmon Salad Mixed Fruit Apricots Breadstick & Butter	23 Roast Beef Mexican Salad Tropical Fruit Mandarin Oranges	24 CLOSED HAPPY THANKSGIVING!	25 CLOSED HAPPY THANKSGIVING!
28 Silced Turkey & Swiss w/Wheat Bread Strawberry Chex Mix Mandarin Oranges ***ALL COLD ARE THE SAME**	29 Taco Salad Tropical Fruit Cornbread ***ALL COLD ARE THE SAME***	30 Chicken Caesar Wrap 3 Bean Salad Mixed Fruit		

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HIGHLIGHTING NEW MENU ITEMS

9	10	15	21
CITRUS CHICKEN SALAD	CALICO SALAD	EGG SALAD	AMBROSIA
Creamy chicken salad with almonds, grapes and refreshing citrus.	A mix of broccoli, cauliflower, celery, red and green peppers, onion, tomato, garbanzo beans and cheddar cheese cubes dressed with buttermilk ranch and topped with sunflower seeds.	Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise.	A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows.