

NAME _____

SourcePoint Meals on Wheels Program

NOVEMBER - 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
	1 Beef Medallions w/Mushroom Sauce Cheddar & Chive Mashed Potatoes Carrots Broccoli	2 Italian Veggie & White Bean Bake Whipped Cauliflower Green Beans Diced Peach Cup	3 Grilled Salmon w/Coconut Rice Key West Veggie Blend Trail Mix	4 Turkey Burger w/Swiss & Carmelized Onions Roasted Roma Tomatoes Malibu Veggie Blend
7 Cheesy Broccoli & Mushroom Rice Casserole Carrots Peas Breadstick & Butter	8 Creamy Butternut Squash Pasta Roasted Root Veggies Peas & Pearl Onions	9 Turkey w/Carmelized Onions & Apricot Glaze Whipped Sweet Potatoes Green Beans	10 Roasted Chicken w/Hunter Sauce Spatzle Key West Veggie Blend	11 Swiss Steak w/Beef Gravy Sour Cream Mashed Yukons California Veggie Blend
14 Veggie & Bean Chili Succotash Cornbread Sour Cream	15 Pesto Veggie & Spaghetti Squash Bake Italian Stewed Chickpeas Cauliflower Wheat Roll w/Butter	16 Baked Honey Mustard Chicken Herbed Wild Rice Peas & Carrots	17 Turkey Craisin Apple Apple Stuffed Acorn Squash Whipped Sweet Potatoes Green Beans	18 Beef Stew Sour Cream Mashed Redskin Potatoes Malibu Veggie Blend
21 Southwest Stuffed Peppers Roasted Zucchini Mexican Street Corn Baked Tortilla Chips	22 Spinach & Artichoke Chicken Roasted Yukon Potatoes Malibu Veggie Blend	23 Broccoli Cheddar Stuffed Potato Green Beans Peas & Carrots Garlic Bread	24 CLOSED HAPPY THANKSGIVING!	25 CLOSED HAPPY THANKSGIVING!
28 Roasted Veggie Lasagna Italian Veggie Blend Peas & Carrot ***ALL HOT ARE THE SAME**	29 French Toast Bake Cubed Potatoes Cinnamon Spiced Peaches Yogurt Cup ***ALL HOT ARE THE SAME***	30 Beef Stronganoff Over Egg Noodles Kyoto Veggie Blend Peas & Carrots		

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

8	10	15	30
CREAMY BUTTERNUT SQUASH PASTA	CHICKEN WITH HUNTER SAUCE	PESTO SPAGHETTI SQUASH BAKE	BEEF STROGANOFF
Roasted butternut squash, shallots, and garlic make up the heart of this dish. After roasted they are blended together with cream and served on top of pasta.	Chicken with a savory red sauce flavored with mushrooms, celery, onion, carrots & garlic.	Roasted spaghetti squash topped with mushrooms, onions, bell pepper, carrots, spinach and cheese.	Hearty, tender beef, onions and mushrooms served atop egg noodles and covered in gravy.

SourcePoint Meals on Wheels Program

NOVEMBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Shaved Pork Sandwich w/Bun & Carmelized Onions Tomato Wedges Applesauce	2 Chicken Italian Caesar Wrap w/Wheat Tortilla Apricots	3 Superfood Salad w/Almonds Kale Crunch Super Greens Sweet Potatoes Pears	4 Egg Salad w/Wheat Bread Swiss Cheese Cubes Mixed Fruit
7 Roast Beef w/American Cheese & Wheat Bread Mandarin Oranges Pears	8 Chicken Cobb Salad Pesto Pasta Salad Fruit Salad	9 Asain Chopped Salad w/Tofu & Cashews Mandarin Oranges Tropical Ambrosia	10 Ground Turkey Taco Salad Mexican Street Corn Salad Tropical Fruit	11 Roasted Veggie Sandwich w/Wheat Bread Ranch Potato Salad Mixed Fruit
14 Chicken Salad Hard Boiled Eggs Mixed Fruit Whole Grain Goldfish Crackers	15 Cranberry Pecan Harvest Salad w/Turkey Pears Whole Grain Apple Cin. Muffin	16 Strawberry Yogurt Parfait w/Granola Mini Bagels w/Cream Cheese	17 Roast Beef & Swiss w/Wheat Bread Applesauce Whole Grain Strawberry Chex	18 Hearty Fall Rainbow Salad w/Cashews Hard Boiled Eggs Fruit Salad
21 Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Mandarin Oranges	22 Egg Salad w/Croissant Applesauce Grapes	23 Roasted Chicken & Spinach Salad w/Almonds Vanilla Yogurt Mini Blueberry Muffin	24 CLOSED HAPPY THANKSGIVING!	25 CLOSED HAPPY THANKSGIVING!
28 Sliced 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 Mediterranean Broccoli Pasta Salad Apricots Prunes Pita Bread		

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HIGHLIGHTING MENU ITEMS

15	16	22
CRANBERRY PECAN HARVEST	STRAWBERRY YOGURT PARFAIT	EGG SALAD
Sliced Turkey Breast, with Cranberries, Pecans and Roasted Sweet Potatoes. Served with Kale, and Goat Cheese & Honey Mustard Dressing	Creamy Strawberry 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.