

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**DECEMBER-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 Creamy Coconut Shrimp Over Rice Far East Veggie Blend Midori Veggie Blend	2 Turkey Burger w/White Cheddar Lettuce, Tomato & Onion Malibu Veggie Blend Corn
5 Turkey Breast w/Gravy Whipped Sweet Potatoes Green Bean Casserole	6 Broccoli & Cheddar Stuffed Chicken Over Mashed Yukon Potatoes Succotash Peas & Carrots	7 Thai Peanut Chickpea Bowl Over Coconut Cauliflower Rice Midori Veggie Blend Far East Veggie Blend	8 Corned Beef Over Steamed Cabbage Spaetzle Carrots Applesauce	9 Cubed Pork w/Herbed Pork Gravy Baby Bakers Malibu Veggie Blend
12 Turkey Meatloaf Whipped Cauliflower Mixed Veggies	13 Baked Tilapia w/Lemon Butter Sauce Over Spinach Sour Cream Mashed Potatoes Kyoto Veggie Blend	14 Mushroom Quinoa Patty w/Swiss Roasted Roma Tomatoes Brussels Sprouts	15 BBQ Beef Baked Beans Broccoli Hawaiian Roll	16 Chicken Tex Mex Casserole Green Beans Tropical Fruit Cup
19 Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potatoes Corn	20 Meatloaf Roasted Redskin Potatoes Green Beans	21 Spinach Artichoke Spaghetti Squash Casserole Sauteed Super Greens & White Beans Roasted Roma Tomatoes	22 Pan Seared Cod Loin w/Fresh Tomato Basil Salsa Mashed Yukon Potatoes Italian Veggie Blend Garlic Bread	23 Asian Pork Meatballs Over Sauteed Cabbage Oriental Veggie Blend
26 CLOSED MERRY CHRISTMAS!	27 CLOSED NO MEAL DELIVERY	28 Manicotti & Marinara California Veggie Blend Peas & Pearl Onions  ***ALL HOT ARE THE SAME***	29 Herb Crusted Pork w/Pork Gravy Rice Pilaf Roasted Root Veggies Wheat Roll w/Butter	30 Baked Mini Sweet Bell Peppers Roasted Yukon Potatoes Succotash Papaya & Mango Cup

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	12	21	30
<b>MALIBU VEGGIE BLEND</b>	<b>WHIPPED CAULIFLOWER</b>	<b>SPINACH ARTICHOKE SPAGHETTI</b>	<b>STUFFED MINI BELL PEPPERS</b>
Broccoli, Cauliflower, Carrots and Yellow Carrots	Cauliflower, milk and parmesan cheese whipped until smooth.	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.

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**DECEMBER-COLD CARB CONTROLLED**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pecan Chicken Salad Sandwich w/ Croissant Cinnamon Spiced Peaches	2 Greek Dip w/Hummus Pita Chips Baby Carrots Broccoli Florets
5 Cottage Cheese & Pineapple Celery Sticks Peanut Butter Cup Banana Nut Muffin w/Butter	6 Roasted Veggie & Halloumi Cheese Salad Grapes Apricots	7 Tuna Pasta Salad Mixed Fruit Wheat Crackers	8 Chicken Salad w/Croissant Coleslaw Apple Slices	9 Pear, Bacon, Candied Pecan & Bleu Cheese Salad w/Maple Dressing Hard Boiled Eggs
12 Egg Salad w/Wheat Bread Tropical Fruit White Cheddar Popcorn	13 Beet, Almond, Arugula & Feta Salad Mandarin Oranges Garlic Breadstick	14 Corned Beef & Swiss w/Rye Tomato Wedges Applesauce	15 BLT Chicken Salad Broccoli Raisin Salad w/Sunflower Seeds Peanut Butter Sandwich Crackers	16 BBQ Chickpea Chopped Salad Cheddar Cheese Cubes Baked Tortilla Chips
19 Mozzarella, Tomato, Chickpea Salad Italian Pasta Salad Apricots	20 Turkey Breast w/Cheddar On Wheat Bread Hard Boiled Eggs Applesauce	21 Ham & Swiss w/Wheat Bread Tomato Wedges Baby Carrots Strawberry Chex Mix	22 Roasted Veggie Salad w/Goat Cheese Cottage Cheese Pears	23 Black Bean Taco Salad w/Queso Fresco Tropical Fruit Side Salad Guac Cup
26 <b>CLOSED MERRY CHRISTMAS!</b>	27 <b>CLOSED NO MEAL DELIVERY</b>	28 Egg Salad w/Croissant Swiss Cheese Cubes Hawaiian Fruit Salad w/Coconut  ***ALL COLD ARE THE SAME***	29 Guacamole & Veggie Sandwich w/ Wheat Bread Cheddar Cheese Cubes Applesauce	30 Mushroom, Egg & Bacon Salad Fresh Cut Fruit Colby Cheese Stick

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**HIGHLIGHTING MENU ITEMS**

1	12	15	29
<b>PECAN CHICKEN SALAD</b>	<b>EGG SALAD</b>	<b>BLT CHICKEN SALAD</b>	<b>GUACAMOLE VEGGIE SANDWICH</b>
Hearty chicken, cranberries, celery and pecans mixed with mayonnaise, dijon mustard and rosemary.	Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise.	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.	Build your own wheat bread sandwich with thin sliced tomato, cucumber, onion and lettuce. Served with a side of guacamole.