

NAME _____

SourcePoint Meals on Wheels Program

DECEMBER-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 Turkey Pot Pie on Biscuit Succotash Broccoli	2 Meatball Sub Green Beans Malibu Veggie Blend
5 Chicken Cordon Bleu w/White Rice California Veggie Blend Garlic Breadstick	6 Veggie Bean & Rice Bowl w/Salsa Cup Mexican Street Corn Roasted Zucchini Mandarin Oranges	7 Meatloaf Roasted Yukon Potatoes Mixed Veggies	8 Kielbasa Over Steamed Cabbage Potatoes O'Brien Peas	9 Tuna Noodle Casserole Broccoli Green Beans
12 Stuffed Cabbage w/Marinara Roasted Yukons Broccoli	13 Veggie Frittata Herb Roasted Redskins Brussels Sprouts Biscuit w/Butter	14 Turkey Burger w/Peppers, Onions & Smoked Gouda Roasted Sweet Potatoes , Corn & Black Bean Blend Roasted Roma Tomatoes	15 Fried Chicken Leg Roasted Sweet Potatoes Succotash Cornbread	16 Tuscan White Beans, Kale & Sundried Tomatoes Malibu Veggie Blend Roasted Cauliflower Breadstick & Butter
19 BBQ Pulled Pork Scalloped Potatoes Green Beans	20 Roasted Veggie Pasta Bake Peas Carrots	21 Chicken Tikka Masala White Rice Roasted Curry Veggies	22 Sloppy Joes Roasted Sweet Potatoes Malibu Veggie Blend	23 Teriyaki Salmon Over Asian Rice Far East Veggie Blend Oriental Veggie Blend
26 CLOSED MERRY CHRISTMAS	27 CLOSED NO MEAL DELIVERY	28 Manicotii & Marinara California Veggie Blend Peas & Pearl Onions ***ALL HOT ARE THE SAME***	29 Root Beer Braised Pork Roasted Redskins Green Beans Cornbread	30 Roast Turkey w/Gravy Cranberry Apple Cider Cornbread Stuffing California Veggie Blend Wheat Roll 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

13	16	21	30
VEGETABLE FRITTATA	MALIBU VEGGIE BLEND	CHICKEN TIKKA MASALA	APPLE CIDER CORNBREAD STUFFING
Sauteed asparagus, onions, mushrooms and grape tomatoes covered with whisked eggs and baked.	Broccoli, Cauliflower, Carrots and Yellow Carrots	Chicken in a red Indian sauce made up of tomatoes, tikka masala seasoning and coconut milk.	You take delicious cornbread add some apple cider, apple slices and cranberries to make this a new fall favorite.

SourcePoint Meals on Wheels Program

DECEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Autumn Salad w/Pecans Pears Wheat Roll w/Butter	Tuna Salad Veggie Pasta Salad Mandarin Oranges Wheat Roll w/Butter
5	6	7	8	9
Mediterranean Chickpea Salad w/Pita Apricots	Pesto Tortellini Pasta Salad w/Pepperoni Tomato & Cucumber Salad Applesauce	Southwest Chicken Salad Wrap Fresh Cut Fruit Peaches	Egg Salad Apricots Whole Grain Cheddar Sun Chips Whole Grain Banana Muffin	Roast Beef & Cheddar w/Wheat Bread & Mustard Kale, Sweet Potatoes & Quinoa Salad Pears
12	13	14	15	16
Chicken Veggie Ranch Pasta Salad Fresh Cut Fruit Wheat Roll w/Butter	Turkey Club Sandwich w/Wheat Bread & Mayo Apricots Mixed Fruit	Shrimp Cocktail w/Lemon Wedge Dilled Pasta Salad Mandarin Oranges	Vanilla Yogurt Parfait Sliced Apples w/Peanut Butter Mini Blueberry Muffin w/Butter	Roast Beef & Swiss w/Rye Mixed Fruit Cheddar Rice Cakes
19	20	21	22	23
Turkey & Swiss w/Wheat Applesauce Maple Spiced Peaches Strawberry Chex Mix	Strawberry Salmon Salad Pears Breadstick & Butter	Citrus Chicken Salad w/Almonds & Croissant Cottage Cheese Pineapple	Calico Salad Peaches Cornbread	Steak Greek Salad Apricots Wheat Crackers
26	27	28	29	30
CLOSED MERRY CHRISTMAS	CLOSED NO MEAL DELIVERY	Egg Salad w/Croissant Swiss Cheese Cubes Hawaiian Fruit Salad w/Coconut ***ALL COLD ARE THE SAME***	Garden Salad Cottage Cheese Whole Grain Apple Cinnamon Muffin	Roasted Red Pepper & Chicken Pasta Salad Peaches Wheat Crackers

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HIGHLIGHTING MENU ITEMS

5	14	19
MEDITERRANEAN CHICKPEA SALAD	DILL PASTA SALAD W/SHRIMP	MAPLE SPICED PEACHES
Garbanzo beans, red peppers, red onion, cucumbers, tomatoes, Kalamata olives, feta cheese tossed in Greek dressing.	Classic pasta salad with celery and red onion with fresh dill and shrimp.	Sweet peaches mixed with a delicious cinnamon maple spice.