

NAME _____

SourcePoint Meals on Wheels Program

DECEMBER-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 Portobello Mushroom Burger w/White Cheddar & Roasted Peppers Roasted Redskin Potatoes Succotash	2 Pulled Pork Mac-N-Cheese Green Beans Peach Cup
5 Burger w/Swiss Lettuce, Tomato & Onion Roasted Yukon Potatoes Succotash	6 Salmon Patty w/Lemon Cream Sauce Cilantro Rice Malibu Veggie Blend	7 Cubed Pork w/Creamy Apple Cider Dijon Sauce Roasted Redskin Potatoes Cauliflower	8 Chicken w/Mushroom Gravy Sour Cream Mashed Yukon Potatoes Kyoto Veggie Blend	9 Southwest Vegan Bowl Roasted Zucchini Cornbread
12 Garlic Pork Loin w/Roasted Garlic Compote Roasted Redskin Potatoes Succotash	13 Beef Medallions w/Mushroom Sauce Over Cheddar & Chive Mashed Potatoes Carrots Broccoli	14 Italian Veggie & White Bean Bake Whipped Cauliflower Green Beans Diced Peach Cup	15 Grilled Salmon w/Lemon Juice Coconut Rice Key West Veggie Blend Trail Mix	16 Turkey Burger w/Swiss Cheese Carmelized Onions Roasted Roma Tomatoes Malibu Veggie Blend
19 Cheesy Broccoli Mushroom Rice Casserole Carrots Peas Breadstick w/Butter	20 Creamy Butternut Squash Pasta Roasted Root Veggies Peas & Pearl Onions	21 Turkey w/ Carmelized Onions & Apricot Glaze Whipped Sweet Potatoes Green Beans	22 Roasted Chicken W/Hunter Sauce Spatzle Key West Veggie Blend	23 Swiss Steak w/Beef Gravy Sour Cream Mashed Yukon Potatoes California Veggie Blend
26 CLOSED Merry Christmas!	27 CLOSED NO MEAL DELIVERY	28 Manicotti & Marinara California Veggie Blend Peas & Pearl Onions ***ALL HOT MEALS ARE SAME**	29 Turkey Craisin Apple Stuffed Acorn Squash Whipped Sweet Potatoes Green Beans	30 Beef Stew Sour Cream Mashed Potatoes Malibu Veggie Blend

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	12	20	22
CHICKEN W/MUSHROOM GRAVY	GARLIC PORK LOIN	CREAMY BUTTERNUT SQUASH PASTA	SPATZLE
Tender chicken breast smothered in a delicious garlic mushroom gravy with onions.	Juicy pork loin marinated in garlic and spices served alongside roasted redskin potatoes.	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	Pan-seared dumpling seasoned with garlic, thyme and butter.

SourcePoint Meals on Wheels Program

DECEMBER-COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Spinach Roast Beef Salad Mixed Fruit Swiss Cheese Cubes	Wild Rice, Butternut Squash Craisin & Pecan Salad Spiced Pears Wheat Crackers
5	6	7	8	9
Blueberry Spinach Salmon Salad w/Pecans Hard Boiled Eggs Poppyseed Bread	Turkey & Swiss Wrap w/Wheat Tortilla Tomato Wedges Mixed Fruit	Chipotle Lime Cauliflower Taco Bowl w/Queso Fresco Mexican Street Corn Salad Tropical Fruit Corn Tortilla	Mediterranean Grain Bowl w/Feta Cheese & Diced Avocado Grapes Apricots	Whole Grain Bagel w/ Strawberry Cream Cheese Peanut Butter Granola Banana Yogurt Bowl Sliced Apples
12	13	14	15	16
Portobello Hummus Sandwich w/Lettuce, Tomato, Onion Peaches	Shaved Pork Sandwich w/Swiss Carmelized Onions Tomato Wedges Applesauce	Chicken Italian Caesar Wrap w/Wheat Tortilla Apricots	Superfood Salad w/Almonds & Sweet Potatoes & Goat Cheese Pears	Egg Salad w/Wheat Bread Swiss Cheese Cubes Mixed Fruit
19	20	21	22	23
Roast Beef w/Wheat Bread & American Cheese Mandarin Oranges Pears	Chicken Cobb Salad Pesto Pasta Salad Fruit Salad	Asian Chopped Salad w/Tofu & Cashews Mandarin Oranges Tropical Ambrosia	Ground Turkey Taco Salad Mexican Street Corn Salad Tropical Fruit Tortilla Strips	Roasted Veggie Sandwich w/Wheat Bread Ranch Potato Salad Mixed Fruit
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***	Roast Beef & Swiss w/Wheat Bread Whole Grain Strawberry Chex Mix Applesauce	Hearty Fall Rainbow Salad w/Cashews Hard Boiled Eggs Fruit Salad

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HIGHLIGHTING MENU ITEMS

8	13	22
MEDITERRANEAN GRAIN BOWL	SHAVED PORK SANDWICH	MEXICAN STREET CORN
Zucchini, tomatoes, garbanzo beans, avocado and feta over a mixture of lentils and farro rice. 	Seasoned pork loin, shaved and topped with caramelized onions and provolone cheese served on a bun.	Corn and red onion combined with a creamy citrus sauce and topped with queso fresco.