

MONTHLY MEAL SELECTION

Sourcepoint Meals On Wheels Program
740-203-2434
spnutrition@mysourcepoint.org

NEW POLICY: Please cancel no later than 11:00 a.m. 2 days prior to delivery. To order alternate meals, call 2 business days in advance.

January 2023										
Select ONE noon meal per day and ONE evening meal										
	HOT DAILY					COLD DAILY				
SERVICE DATE	Regular	Low Sodium	Carb Control			Regular	Low Sodium	Carb Control		
Mon. 1/2/23	CLOSED					CLOSED				
Tue. 1/3/23	CLOSED					CLOSED				
Wed. 1/4/23										
Thu. 1/5/23										
Fri. 1/6/23										
Mon. 1/9/23										
Tue. 1/10/23										
Wed. 1/11/23										
Thu. 1/12/23										
Fri. 1/13/23										
Mon. 1/16/23	CLOSED					CLOSED				
Tue. 1/17/23	CLOSED					CLOSED				
Wed. 1/18/23										
Thu. 1/19/23										
Fri. 1/20/23										
Mon. 1/23/23										
Tue. 1/24/23										
Wed. 1/25/23										
Thu. 1/26/23										
Fri. 1/27/23										
Mon. 1/30/23										
Tue. 1/31/23										