

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**JANUARY-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
2 <b>CLOSED HAPPY NEW YEAR!</b>	3 <b>NO MEAL DELIVERY</b>	4 French Toast Breakfast Bake Cubed Potatoes Cinnamon Spiced Peaches Yogurt Cup <b>***ALL HOT MEALS ARE SAME***</b>	5 Turkey Chili Stuffed Sweet Potato w/Cheddar & Sour Cream Broccoli Corn	6 Chicken-N-Noodles Mashed Yukon Potatoes Peas
9 Tuscan Salmon Wild Rice Sauteed Super Greens 	10 Vegetable Lasagna Peas Key West Veggie Blend Garlic Bread 	11 Waffle & Blueberries Hash Brown Potatoes Country Apples 	12 Turkey Pot Pie w/Biscuit Succotash Broccoli	13 Meatball Sub Green Beans Malibu Veggie Blend
16 <b>CLOSED MARTIN LUTHER KING DAY</b>	17 <b>NO MEAL DELIVERY</b>	18 Manicotti & Marinara California Veggie Blend Peas & Pearl Onions <b>***ALL HOT MEALS ARE SAME***</b>	19 Keilbasa Over Steamed Cabbage Potatoes O'Brien Peas	20 Tuna Noodle Casserole Broccoli Green Beans 
23 Stuffed Cabbage Roasted Yukon Potatoes Broccoli	24 Vegetable Frittata Herb Roasted Redskin Potatoes Brussels Sprouts Biscuit w/Butter 	25 Turkey Burger w/Smoked Gouda Grilled Peppers & Onions Roasted Sweet Potatoes, Black Beans & Corn Blend Roasted Roma Tomatoes	26 Fried Chicken Leg Roasted Sweet Potatoes Succotash Cornbread	27 Tuscan White Beans, Kale & Sundried Tomatoes Malibu Veggie Blend Roasted Cauliflower Breadstick w/Butter 
30 BBQ Pulled Pork Scalloped Potatoes Green Beans	31 Roasted Veggie Pasta Bake 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**

5	24	27	30
<b>STUFFED SWEET POTATO</b>	<b>VEGETABLE FRITTATA</b>	<b>MALIBU VEGGIE BLEND</b>	<b>BBQ PULLED PORK</b>
Baked sweet potato topped with a savory turkey chili.	Sauteed asparagus, onions, mushrooms and grape tomatoes covered with whisked eggs and baked. 	Broccoli, Cauliflower, Carrots and Yellow Carrots 	Hearty pork butt seasoned with a smokehouse rub and covered in a delicious BBQ sauce.

## SourcePoint Meals on Wheels Program

# JANUARY-COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CLOSED HAPPY NEW YEAR!</b>	3 <b>NO MEAL DELIVERY</b>	4 Sliced Turkey & Swiss w/Whole Grain Bread Strawberry Chex Mix Mandarin Oranges <b>***ALL COLD MEALS ARE SAME***</b>	5 Roasted Red Pepper Hummus Baby Carrots Broccoli Florets Swiss Cheese Cubes Pita Wedges	6 Roasted Brussels Sprouts & Quinoa Salad w/Almonds Fresh Cut Fruit Peaches
9 Turkey Salad w/Croissant Applesauce Cheez-its	10 Ham & Swiss on Wheat Bread Vanilla Yogurt Peaches	11 Chicken Caesar Wrap 3 Bean Salad Mixed Fruit	12 Autumn Salad w/Pecans Pears Wheat Roll	13 Tuna Salad Veggie Pasta Salad Mandarin Oranges Wheat Roll w/Butter
16 <b>CLOSED MARTIN LUTHER KING DAY</b>	17 <b>NO MEAL DELIVERY</b>	18 Taco Salad Tropical Fruit Cornbread <b>***ALL COLD MEALS ARE SAME***</b>	19 Egg Salad Apricots Whole Grain Cheddar Sunchips Whole Grain Banana Muffin	20 Roast Beef & Cheddar w/Wheat Bread Kale, Sweet Potato & Quinoa Salad Pears
23 Chicken Veggie Ranch Pasta Salad Fresh Cut Fruit Wheat Roll w/Butter	24 Turkey Club w/Wheat Bread Apricots Mixed Fruit	25 Shrimp Cocktail w/Lemon Wedge w/Cocktail Sauce Dilled Pasta Salad Mandarin Oranges	26 Vanilla Yogurt Parfait Sliced Apples w/Peanut Butter Mini Blueberry Muffin w/Butter	27 Roast Beef & Swiss w/Rye Bread Mixed Fruit Cheddar Rice Cakes
30 Turkey & Swiss w/Wheat Bread Applesauce Maple Spiced Peaches Strawberry Chex Mix	31 Strawberry Salmon Salad Pears Breadstick w/Butter			

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### HIGHLIGHTING MENU ITEMS

12	19	26	30
<b>AUTUMN SALAD W/PECANS</b>	<b>EGG SALAD</b>	<b>VANILLA YOGURT PARFAIT</b>	<b>MAPLE SPICED PEACHES</b>
Roasted butternut squash mixed with beets and garbanzo beans served atop a bed of mixed greens. Topped with toasted pecans and goat cheese.	Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise.	Creamy vanilla yogurt topped with Michigan fruit blend. Served with crunchy granola and whipped cream.	Sweet peaches mixed with a delicious cinnamon maple spice.