

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**JANUARY-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
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 Roast Pork Loin w/Gravy Scalloped Potatoes California Veggie Blend	6 Meatloaf Roasted Redskin Potatoes Corn
9 Chickpea & Roasted Veggie Bowl Carrots Roasted Roma Tomatoes 	10 Roasted Turkey w/Gravy Whipped Sweet Potatoes Mixed Veggies Mixed Fruit Cup	11 Beef Stroganoff Over Egg Noodles Kyoto Veggie Blend Peas & Carrots	12 Portobello Mushroom Burger Roasted Redkin Potatoes Succotash 	13 Pulled Pork Mac-N-Cheese Green Beans Peach Cup
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 Chicken w/Mushroom Gravy Sour Cream Mashed Potatoes Kyoto Veggie Blend	20 Southwest Vegan Bowl Roasted Zucchini Cornbread 
23 Garlic Pork Loin w/Roasted Garlic Compote Roasted Redskin Potatoes Succotash	24 Beef Medallions w/Mushroom Sauce Cheddar & Chive Mashed Potatoes Carrots Broccoli	25 Italian Veggie & White Bean Bake Whipped Cauliflower Green Beans Diced Peach Cup 	26 Grilled Salmon w/Lemon Juice Coconut Rice Key West Blend Trail Mix 	27 Turkey Burger & Swiss Caramelized Onions Roasted Roma Tomatoes Malibu Veggie Blend
30 Cheesy Broccoli & Mushroom Rice Casserole Carrots Peas Breadstick & Butter 	31 Creamy Butternut Squash Pasta Roasted Root Veggies Peas & Pearl Onions 			

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	19	23	31
<b>CALIFORNIA VEGGIE BLEND</b>	<b>CHICKEN W/MUSHROOM GRAVY</b>	<b>GARLIC PORK LOIN</b>	<b>CREAMY BUTTERNUT SQUASH PASTA</b>
Delicious broccoli, cauliflower, and sweet crinkle cut carrots, the perfect side dish.	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. 

## SourcePoint Meals on Wheels Program

# JANUARY-COLD 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
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 Autumn Roasted Veggie Salad w/Balsamic Dressing Pears	6 Hummus Cup w/Broccoli & Carrots Swiss Cheese Cubes Apricots Pita Wedges
9 BLT w/Wheat Bread Grapes Applesauce	10 Honey Mustard Chicken Wrap Ambrosia	11 Mediterranean Broccoli Pasta Salad Apricots Prunes Pita	12 Spinach & Roast Beef Salad Mixed Fruit Swiss Cheese Cubes	13 Wild Rice, Butternut Squash Craisin & Pecan Salad Spiced Pears Wheat Crackers
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 Mediterranean Grain Bowl w/Diced Avocado Grapes Apricots	20 Whole Grain Bagel w/Strawberry Cream Cheese Peanut Butter Granola & Banana Yogurt Bowl Sliced Apples
23 Portobello Hummus Sandwich Peaches Pineapple Pistachio Ambrosia	24 Shaved Pork Sandwich w/Swiss & Carmelized Onions Tomato Wedges Applesauce	25 Chicken Italian Caesar Wrap w/Wheat Tortilla Apricots	26 Superfood Salad w/Almonds, Sweet Potatoes & Cherries Pears	27 Egg Salad w/Wheat Bread Swiss Cheese Cubes Mixed Fruit
30 Roast Beef w/American Cheese & Wheat Bread Mandarin Oranges Pears	31 Chicken Cobb Salad Pesto Pasta Salad Fruit Salad			

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	19	23	31
<b>ROASTED VEGGIE SALAD</b>	<b>MEDITERRANEAN GRAIN BOWL</b>	<b>PINEAPPLE PISTACHIO AMBROSIA</b>	<b>CHICKEN COBB SALAD</b>
A savory salad made up of sweet potato, brussels sprouts, parsnips, beets and arugla topped with goat cheese and a balsamic vinaigrette.	Zucchini, tomatoes, garbanzo beans, avocado and feta over a mixture of lentils and farro rice.	A delightful, light and fluffy salad with pineapples, pistachios & creamy whipped topping and mini marshmallows.	Seasoned chicken grape tomatoes, hard boiled eggs, bacon bites and blue cheese crumbles served a top romaine lettuce and dressed with ranch.