

NAME _____

SourcePoint Meals on Wheels Program

FEBRUARY- HOT CARB CONTROLLED

Cancellations must be received by 11am, 2 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 Spinach Artichoke Spaghetti Squash Casserole Sautéed Super Greens & White Beans Roasted Roma Tomatoes | 2 Pan Seared Cod Loin w/Fresh Tomato Basil Salsa Mashed Yukon Potatoes Italian Veggie Blend Garlic Bread | 3 Asian Pork Meatballs Over Stuffed Cabbage Oriental Veggie Blend |
| 6 Grilled Salmon w/Lemon Wheel Herbed Wild Rice Whipped Parsnips | 7 Fajita Chicken Casserole Cilantro Rice Tortilla Chips & Guac Cup | 8 Broccoli, Mushroom & Swiss Cheese Frittata Cubed Potatoes Roasted Roma Tomatoes | 9 Herbed Crusted Pork w/Pork Gravy Rice Pilaf Roasted Root Veggies Wheat Roll w/Butter | 10 Baked Mini Sweet Bell Peppers Roasted Yukon Potatoes Succotash Papaya & Mango Cup |
| 13 Balsamic Glazed Salmon Baby Bakers Sautéed Mushrooms, Onions & Green Beans Diced Pear Cup | 14 Butternut Squash & White Bean & Coconut Vegetable Stew Whipped Cauliflower Carrots | 15 Mushroom & Swiss Quiche Brussels Sprouts Stewed Tomatoes Sliced Apples | 16 Shepherds Pie Green Beans Malibu Veggie Blend | 17 BBQ Pulled Pork Baked Beans Malibu Veggie Blend Hawaiian Roll |
| 20 Greek Beef Lasagna Broccoli Mixed Veggies | 21 Veggie Cakes w/Ranch Herb Roasted Redskin Potatoes Winter Veggie Blend Wheat Roll w/Butter | 22 Spinach Artichoke Stuffed Portobello White Bean & Tomato Ragout Cauliflower | 23 Creamy Coconut Shrimp Over Rice Far East Veggie Blend Midori Veggie Bend | 24 Turkey Burger w/White Cheddar Lettuce, Tomato & Onion Malibu Veggie Blend Corn |
| 27 Turkey Breast w/Gravy Whipped Sweet Potatoes Green Beans Casserole | 28 Broccoli & Cheddar Stuffed Chicken Over Mashed Yukon Potatoes Succotash 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

| 1 | 7 | 15 | 16 |
|--|--|---|--|
| SPINACH ARTICHOKE SPAGHETTI | FAJITA CHICKEN CASSEROLE | MUSHROOM & SWISS QUICHE | SHEPHERD'S PIE |
| Creamy blend of cream cheese and parmesan cheese combined with roasted spaghetti squash, artichoke hearts and spinach. | Shredded chicken breast, diced peppers and onions with cream cheese, mayo and salsa combined and topped with melted cheddar cheese | Hearty breakfast classic with a delicious filling of eggs, onion, mushrooms and swiss cheese. | A delicious mixture of ground beef, carrots, celery and peas topped with creamy chive mashed potatoes. |

SourcePoint Meals on Wheels Program

FEBURARY- COLD CARB CONTROLLED

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| | | 1 Ham & Swiss w/Wheat Bread Tomato Wedges Baby Carrots Strawberry Chex Mix | 2 Roasted Veggie Salad w/Goat Cheese Cottage Cheese Pears | 3 Black Bean Taco Salad Tropical Fruit Side Salad Guacamole Cup |
| 6 Sesame Ginger Mandarin Orange Salad Tropical Fruit Salad Fortune Cookie | 7 Dilled Pasta Salad w/Bay Shrimp Caprese Salad Hard Boiled Eggs | 8 Turkey Salad w/Craisins & Pecans Fruit Salad Wheat Crackes Cheddar Rice Cakes | 9 Guacamole Sandwich w/Wheat Bread Cheddar Cheese Cubes Applesauce | 10 Mushroom, Egg, & Bacon Salad Fresh Cut Fruit Colby Cheese Stick |
| 13 Harvest Veggie Salad w/Almonds Broccoli Florets Baby Carrots | 14 French Quiche w/Bacon & Onions Cucumber Salad Mini Blueberry Muffin | 15 Mediterranean Chickpea Tuna Salad 3 Bean Salad Peaches | 16 Chicken Bacon Ranch Wrap Cottage Cheese Mixed Fruit | 17 Vegetarian Caesar Salad Hard Boiled Eggs Diced Pear Cup |
| 20 5 Bean Salad Cheddar Cheese Cubes Peaches | 21 Southwest Salad w/Ground Beef Mexican Zucchini Salad | 22 Crustless Shrimp & Spinach Quiche Pistachio & Pineapple Ambrosia Poppyseed Bread | 23 Pecan Chicken Salad w/Croissant Cinnamon Spiced Peaches | 24 Greek Hummus Baby Carrots Broccoli Florets Pita Chips |
| 27 Cottage Cheese & Pineapple Celery Sticks Peanut Butter Cup Banana Nut Muffin w/Butter | 28 Roasted Veggie & Haloumi Cheese Salad Grapes Apricots | | | |

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HIGHLIGHTING MENU ITEMS

| 7 | 13 | 22 | 23 |
|--|--|--|---|
| DILL PASTA SALAD W/SHRIMP | HARVEST VEGETABLE SALAD | PINEAPPLE PISTACHIO AMBROSIA | PECAN CHICKEN SALAD |
| Classic pasta salad with celery, red onion, fresh dill and shrimp. | A savory blend of sweet potato, butternut squash, celery and cranberries topped with aln feta cheese and a delicious poppyseed dressing. | A delightful, light and fluffy salad with pineapples, pistaschios, creamy whipped topping and mini marshmallows. | Hearty chicken, cranberries, celery and pecans mixed with mayonnaise, dijon mustard and rosemary. |