

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**FEBRUARY - HOT DAILY**

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 Chicken Tikka Masala w/White Rice Roasted Curry Veggies	2 Sloppy Joe's Roasted Redskin Potatoes Malibu Veggie Blend	3 Teriyaki Salmon Over Asian Rice Far East Veggie Blend Oriental Veggie Blend 
6 Meatloaf Sandwich w/Gouda & Caramelized Onions Corn Peas	7 White Cheddar Mac-N-Cheese Stewed Tomatoes Kyoto Veggie Blend Mandarin Orange Cup 	8 Potato Crusted Tilapia Lemon Herb Rice Malibu Veggie Blend Breadstick & Butter	9 Root Beer Braised Pork Roasted Redskin Potatoes Green Beans Cornbread	10 Roast Turkey w/Gravy Cranberry Apple Cider & Cornbread Stuffing
13 Philly Sandwich Herb Roasted Redskins Sliced Apples	14 Creamy Sundried Tomato Pasta Italian Veggie Blend Brussels Sprouts 	15 Hot Dog Roasted Yukon Potatoes Corn	16 Turkey Chili Stuffed Sweet Potato Broccoli Corn	17 Chicken-N-Noodles Mashed Yukon Potatoes Peas
20 Tuscan Salmon Wild Rice Sauteed Super Greens 	21 Veggie Lasagna Peas Key West Veggie Blend Garlic Bread 	22 Waffle Bluberries Hashbrown Potatoes Country Apples 	23 Turkey Pot Pie w/Biscuit Succotash Broccoli	24 Meatball Sub Green Beans Malibu Veggie Blend
27 Chicken Cordon Bleu White Rice California Veggie Blend Garlic Breadstick	28 Veggie Bean & Rice Bowl w/Salsa Mexican Street Corn Roasted Zucchini Mandarin Orange Cup 			

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	14	16	23
<b>CHICKEN TIKKA MASALA</b>	<b>CREAMY SUNDRIED TOMATO PASTA</b>	<b>STUFFED SWEET POTATO</b>	<b>TURKEY POT PIE</b>
Chicken in a red Indian sauce made up of tomatoes, tikka masala seasoning and coconut milk.	Cream sauce flavored with garlic, onions, and sundried tomatoes over penne pasta. 	Baked sweet potato topped with a savory turkey chili.	A twist on classic pot pie. This has hearty turkey and vegetables topped with a Southern Style biscuit.

## SourcePoint Meals on Wheels Program

# FEBRUARY - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Citrus Chicken Salad w/Almonds & Croissant Cottage Cheese Pineapple	<b>2</b> Calico Salad Peaches Cornbread 	<b>3</b> Steak Greek Salad Apricots Wheat Crackers
<b>6</b> BLT w/Wheat Bread Mandarin Oranges White Cheddar Popcorn	<b>7</b> Egg Salad w/Wheat Bread 3 Bean Salad Fresh Cut Fruit 	<b>8</b> Taco Salad w/Tortilla Strips Mexican Corn Salad Tropical Fruit	<b>9</b> Garden Salad Cottage Cheese Whole Grain Apple Cinnamon Muffin 	<b>10</b> Roasted Red Pepper & Chicken Pasta Salad Peaches Wheat Crackers
<b>13</b> Chicken Salad w/Wheat Bread Kale Almond Salad Ambrosia	<b>14</b> Grilled Salmon Salad Mixed Fruit Apricots Breadstick & Butter 	<b>15</b> Roast Beef Mexican Salad Tropical Fruit Mandarin Oranges	<b>16</b> Roasted Red Pepper Hummus Baby Carrots Broccoli Florets Swiss Cheese Cubes Pita Wedges 	<b>17</b> Roasted Brussles Sprouts & Quinoa Salad w/Almonds Fresh Cut Fruit Peaches 
<b>20</b> Turkey Salad w/Croissant Applesauce Cheez-It's	<b>21</b> Ham & Swiss w/Wheat Bread Vanilla Yogurt Peaches	<b>22</b> Chicken Caesar Wrap w/Wheat Tortilla 3 Bean Salad Mixed Fruit	<b>23</b> Autumn Salad w/Pecans Pears Wheat Roll w/Butter 	<b>24</b> Tuna Salad Veggie Pasta Salad Mandarin Oranges Wheat Roll w/Butter 
<b>27</b> Mediterranean Chickpea Salad Apricots Pita 	<b>28</b> Pesto Tortellnini Pasta Salad w/Pepperoni Tomato & Cucumber Salad Applesauce			

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### HIGHLIGHTING MENU ITEMS

1	7	13	23
<b>CITRUS CHICKEN SALAD</b>	<b>EGG SALAD</b>	<b>AMBROSIA</b>	<b>AUTUMN SALAD W/PECANS</b>
Creamy chicken salad with almonds, grapes and refreshing citrus.	Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise. 	A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows.	Roasted butternut squash mixed with beets and garbanzo beans served atop a bed of mixed greens. Topped with toasted pecans and goat cheese. 