

NAME _____

SourcePoint Meals on Wheels Program

FEBRUARY- HOT LOW SODIUM

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 Turkey w/Caramelized Onions & Apricot Glaze Whipped Sweet Potatoes Green Beans	2 Roasted Chicken w/Hunter Sauce Spatzle Key West Veggie Blend	3 Swiss Steak w/Low Sodium Beef Gravy Sour Cream Mashed Yukon Potatoes California Veggie Blend
6 Vegetable Bean Chili Succotash Cornbread 	7 Pesto Veggie & Spaghetti Squash Bake Italian Stewed Chickpeas Cauliflower Wheat Roll & Butter 	8 Baked Honey Mustard Chicken Herbed Wild Rice Peas & Carrots	9 Turkey Craisin Apple Stuffed Acorn Squash Whipped Sweet Potatoes Green Beans	10 Low Sodium Beef Stew Sour Cream Mashed Redskin Potatoes Malibu Veggie Blend
13 Southwest Stuffed Peppers Roasted Zucchini Mexican Street Corn Baked Tortilla Chips 	14 Spinach & Artichoke Chicken Roasted Yukon Potatoes Malibu Veggie Blend	15 Broccoli Cheddar Stuffed Potato Green Beans Peas & Carrots Garlic Bread 	16 Roasted Pork Loin w/Gravy Scalloped Potatoes California Veggie Blend	17 Meatloaf Roasted Redskin Potatoes Corn
20 Chickpea & Roasted Veggie Bowl Wild Rice Carrots Roasted Roma Tomatoes 	21 Roast Turkey w/Gravy Whipped Sweet Potatoes Mixed Veggies Mixed Fruit Cup	22 Beef Stroganoff Over Egg Noodles Kyoto Veggie Blend Peas & Carrots	23 Portobello Mushroom Burger Roasted Redskin Potatoes Succotash 	24 Pulled Pork Mac-N-Cheese Green Beans Peach Cup
27 Burger w/Swiss Cheese Roasted Yukon Potatoes Succotash	28 Salmon Patty w/Lemon Cream Sauce Cilantro Rice Malibu Veggie Blend 			

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

2	7	14	22
CHICKEN WITH HUNTER SAUCE	PESTO SPAGHETTI SQUASH BAKE	SPINACH & ARTICHOKE CHICKEN	BEEF STROGANOFF
Chicken with a savory red sauce flavored with mushrooms, celery, onion, carrots & garlic.	Roasted spaghetti squash topped with mushrooms, onions, bell pepper, carrots, spinach and cheese.	Creamy spinach and artichoke mixture amde with cream cheese and garlic served atop a chicken breast.	Hearty, tender beef, onions and mushrooms served atop egg noodles and covered in gravy.

SourcePoint Meals on Wheels Program

FEBRUARY- COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Asian Chopped Salad w/Tofu & Cashews Tropical Ambrosia 	2 Ground Turkey Taco Salad Mexican Street Corn Salad Tropical Fruit	3 Roasted Veggie Sandwich w/Wheat Bread Ranch Potato Salad Mixed Fruit
6 Chicken Salad Hard Boiled Eggs Mixed Fruit Whole Grain Goldfish	7 Cranberry Pecan Harvest Salad w/Turkey Pears Whole Grain Apple Cinnamon Muffin	8 Strawberry Yogurt Parfait Mini Bagels Cream Cheese Cup 	9 Roast Beef & Swiss w/Wheat Bread Whole Grain Strawberry Chex Mix Applesauce	10 Hearty Fall Rainbow Salad w/Cashews & Goat Cheese HardBoiled Eggs Fruit Salad
13 Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Mandarin Oranges	14 Egg Salad w/Croissant Applesauce Grapes 	15 Roasted Chicken & Spinach Salad w/Almonds & Goat Cheese Vanilla Yogurt Mini Blueberry Muffin	16 Autumn Roasted Veggie Salad w/Goat Cheese Pears 	17 Hummus Cup & Pita Wedges w/Broccoli & Baby Carrots Swiss Cheese Cubes Apricots
20 BLT w/Wheat Bread Grapes Applesauce	21 Honey Mustard Chicken Wrap w/Wheat Tortilla Ambrosia	22 Mediterranean Broccoli Pasta Salad Apricots Prunes Pita Bread 	23 Spinach & Roast Beef Salad Mixed Fruit Swiss Cheese Cubes	24 Wild Rice, Butternut Squash, Craisin & Pecan Salad Spiced Pears Wheat Crackers
27 Blueberry Spinach Salmon Salad w/Toasted Pecans Hard Boiled Eggs Poppyseed Bread 	28 Turkey & Swiss Wrap Tomato Wedges Mixed Fruit			

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HIGHLIGHTING MENU ITEMS

7	8	14	24
CRANBERRY PECAN HARVEST SALAD	STRAWBERRY YOGURT PARFAIT	EGG SALAD	SPICED PEARS
Sliced Turkey Breast, with Cranberries, Pecans and Roasted Sweet Potatoes. Served with Kale, and Goat Cheese & Honey Mustard Dressing	Strawberry yogurt with a toasted oat granola, Michigan mixed fruit and topped with whipped topping. 	Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise. 	Sweet pears mixed with cinnamon creates a new delicious treat.