

NAME _____

SourcePoint Meals on Wheels Program

MARCH-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 Thai Peanut Chickpea Bowl Coconut Cauliflower Rice Midori Veggie Blend Far East Veggie Blend	2 Corned Beef Over Steamed Cabbage Spaetzle Carrots Applesauce	3 Pork w/ Herb Gravy Baby Bakers Malibu Veggie Blend
6 Turkey Meatloaf Whipped Cauliflower Mixed Veggies	7 Tilapia w/Lemon Butter Sauce Sour Cream Mashed Potatoes Kyoto Veggie Blend	8 Mushroom Quinoa Patty w/Swiss Roasted Roma Tomatoes Brussels Sprouts	9 BBQ Beef Baked Beans Broccoli Hawaiian Roll w/ Butter	10 Chicken Tex-Mex Casserole Green Beans Tropical Fruit
13 Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potatoes Corn	14 Meatloaf Roasted Redskin Potatoes Green Beans	15 Spinach & Artichoke Spaghetti Squash Casserole Sautéed Super Greens & White Beans Roasted Roma Tomatoes	16 Cod w/ Tomato Basil Salsa Mashed Yukon Potatoes Italian Veggie Blend Garlic Bread	17 Asian Pork Meatballs w/ Sautéed Cabbage Oriental Veggie Blend
20 Grilled Salmon Herbed Wild Rice Whipped Parsnips	21 Fajita Chicken Casserole Cilantro Rice Tortilla Chips & Guacamole	22 Broccoli, Mushroom & Swiss Frittata Cubed Potatoes Roasted Roma Tomatoes	23 Herb Crusted Pork w/ Gravy Rice Pilaf Roasted Root Veggies Roll w/Butter	24 Baked Mini Sweet Bell Peppers Roasted Yukon Potatoes Succotash Papaya & Mango
27 Balsamic Glazed Salmon Baby Bakers Sautéed Mushrooms, Onions & Green Beans Pears	28 Butternut Squash & White Bean Coconut Vegetable Stew Whipped Cauliflower Carrots	29 Mushroom & Swiss Quiche Brussels Sprouts Stewed Tomatoes Sliced Apples	30 Shepherds Pie Green Beans Malibu Veggie Blend	31 BBQ Pulled Pork Baked Beans Maui Veggie Blend Hawaiian Roll & Butter

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

15	24	30	31
SPINACH ARTICHOKE SPAGHETTI	STUFFED MINI BELL PEPPERS	SHEPHERD'S PIE	BBQ PULLED PORK
Creamy blend of cream cheese and parmesan cheese combined with roasted spaghetti squash, artichoke hearts, spinach.	Mini bell peppers stuffed with cheese and black beans.	A delicious mixture of ground beef, carrots, celery and peas topped with creamy chive mashed potatoes.	Hearty pork butt seasoned with a smokehouse rub and covered in a delicious BBQ sauce.

SourcePoint Meals on Wheels Program

MARCH- COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Tuna Pasta Salad Mixed Fruit Wheat Crackers 	2 Chicken Salad w/Croissant Coleslaw Apple Slices	3 Pear, Candied Pecan & Bleu Cheese Salad Hard Boiled Eggs
6 Egg Salad w/ Wheat Tropical Fruit White Cheddar Popcorn 	7 Beet, Almond & Arugula Salad w/ Feta Mandarin Oranges Garlic Breadstick 	8 Corned Beef & Swiss w/Rye Bread Tomato Wedges Pears	9 BLT Chicken Salad Broccoli Raisin Salad w/ Sunflower Seeds Peanut Butter Sandwich Crackers	10 BBQ Chickpea Chopped Salad Cheddar Cheese Cubes Baked Tortilla Chips
13 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Apricots 	14 Turkey Breast & Cheddar w/Wheat Hard Boiled Eggs Applesauce	15 Ham & Swiss w/Wheat Bread Tomato Wedges Baby Carrots Strawberry Chex Mix	16 Roasted Vegetable Salad Cottage Cheese Pears 	17 Black Bean Taco Salad Tropical Fruit w/ Coconut Guacamole Cup
20 Sesame Ginger, Mandarin Orange Salad Tropical Fruit Salad Fortune Cookie 	21 Dilled Pasta Salad w/Bay Shrimp Caprese Salad Hard Boiled Eggs 	22 Turkey Salad w/Craisins & Pecans Fruit Salad Wheat Crackers Cheddar Rice Cakes	23 Guacamole Veggie Sandwich w/Wheat Cheddar Cheese Cubes Applesauce 	24 Mushroom, Egg & Bacon Spinach Salad Fresh Cut Fruit Colby Cheese Stick
27 Harvest Veggie Salad w/Almonds Broccoli Florets Baby Carrots 	28 French Quiche w/Bacon & Onions Cucumber Salad Blueberry Muffin	29 Mediterranean Chickpea Tuna Salad 3 Bean Salad Peaches 	30 Chicken Bacon Ranch Wrap Cottage Cheese Mixed Fruit	31 Vegetarian Caesar Salad Hard Boiled Eggs Pears

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HIGHLIGHTING MENU ITEMS

6	21	27
EGG SALAD	DILL PASTA SALAD W/SHRIMP	HARVEST VEGETABLE SALAD
Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise.	Classic pasta salad with celery and red onion with fresh dill and shrimp.	A savory blend of sweet potato, butternut squash, celery and cranberries topped with almonds, feta cheese and a delicious poppyseed dressing.