

NAME _____

SourcePoint Meals on Wheels Program

MARCH - 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 Meatloaf Roasted Yukon Potatoes Mixed Veggies	2 Keilbasa Over Steamed Cabbage Potatoes O'Brien Peas	3 Tuna Noodle Casserole Broccoli Green Beans
6 Stuffed Cabbage w/Marinara Roasted Redskin Potatoes Broccoli	7 Veggie Frittata Herb Roasted Redskin Potatoes Brussels Sprouts Biscuit w/Butter	8 Turkey Burger w/Gouda Cheese Grilled Peppers and Onions Roasted Sweet Potato, Corn & Black Bean Salad Roasted Roma Tomatoes	9 Fried Chicken Leg Roasted Sweet Potatoes Succotash Cornbread	10 Tuscan White Beans, Kale & Sundried Tomato Bake Malibu Veggie Blend Roasted Cauliflower Breadstick w/Butter
13 BBQ Pulled Pork Scalloped Potatoes Green Beans	14 Roasted Veggie Pasta Bake Peas Carrots	15 Chicken Tikka Masala w/White Rice Roasted Curried Veggies	16 Sloppy Joe Roasted Redskin Potatoes Malibu Veggie Blend	17 Teriyaki Salmon Over Asian Rice Far East Veggie Blend Oriental Veggie Blend
20 Meatloaf Sandwich w/Gouda & Caramelized Onions Corn Peas	21 White Cheddar Mac-N-Cheese Stewed Tomatoes Kyoto Veggie Blend Mandarin Oranges Cup	22 Potato Crusted Tilapia Lemon Herb Rice Malibu Veggie Blend Breadstick & Butter	23 Root Beer Braised Pork Roasted Redskin Potatoes Green Beans Cornbread	24 Roast Turkey w/Gravy Cranberry Apple Cider Cornbread Stuffing California Veggie Blend Wheat Roll w/Butter
27 Philly Sub Herb Roasted Redskins Sliced Apples	28 Creamy Sundried Tomato Pasta Italian Veggie Blend Brussels Sprouts	29 Hot Dog w/Bun Roasted Yukon Potatoes Corn	30 Turkey Chili Stuffed Sweet Potato Broccoli Corn	31 Chicken-N-Noodles Mashed Yukon Potatoes Peas

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

7	15	28	30
VEGETABLE FRITTATA	CHICKEN TIKKA MASALA	CREAMY SUNDRIED TOMATO PASTA	STUFFED SWEET POTATO
Sauteed asparagus, onions, mushrooms and grape tomatoes covered with whisked eggs and baked.	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.

SourcePoint Meals on Wheels Program

MARCH - COLD 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 Southwest Chicken Salad Wrap Fresh Cut Fruit Peaches	2 Egg Salad Apricots Cheddar Sun Chips Banana Muffin 	3 Roast Beef & Cheddar w/Wheat Kale, Sweet Potato & Quinoa Salad Pears
6 Chicken Veggie Ranch Pasta Salad Fresh Cut Fruit Wheat Roll w/Butter	7 Turkey Club Sandwich w/Wheat Apricots Mixed Fruit	8 Shrimp Cocktail w/ Lemon Wedge Dilled Pasta Salad Mandarin Oranges 	9 Vanilla Yogurt Parfait Sliced Apples w/Peanut Butter Mini Blueberry Muffin w/Butter 	10 Roast Beef & Swiss w/Rye Mixed Fruit Cheddar Rice Cakes
13 Turkey & Swiss w/Wheat Applesauce Maple Spiced Peaches Strawberry Chex Mix	14 Strawberry Salmon Salad Pears Breadstick w/Butter 	15 Citrus Chicken Salad w/Almonds & Croissant Cottage Cheese Pineapple	16 Calico Salad Peaches Cornbread 	17 Steak Greek Salad Apricots Wheat Crackers
20 BLT w/Wheat Bread Mandarin Oranges White Cheddar Popcorn	21 Egg Salad w/Wheat 3 Bean Salad Fresh Cut Fruit 	22 Taco Salad Mexican Street Corn Salad Tropical Fruit	23 Garden Salad Cottage Cheese Apple Cinnamon Muffin 	24 Roasted Red Pepper & Chicken Pasta Salad Peaches Wheat Crackers
27 Chicken Salad w/Wheat Kale Almond Salad Ambrosia	28 Grilled Salmon Salad Mixed Fruit Apricots Breadstick w/Butter 	29 Roast Beef Mexican Salad Tropical Fruit Mandarin Oranges	30 Roasted Red Pepper Hummus Baby Carrots Broccoli Florets Swiss Cheese Pita Wedges 	31 Roasted Brussels Spouts & Quinoa Salad w/Almonds Fresh Cut Fruit Peaches

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

9	15	16	27
VANILLA YOGURT PARFAIT	CITRUS CHICKEN SALAD	CALICO SALAD	AMBROSIA
Vanilla yogurt with a toasted oat granola, Michigan mixed fruit and topped with whipped topping.	Creamy chicken salad with almonds, grapes and refreshing citrus.	A mix of broccoli, cauliflower, celery, red and green peppers, onion, tomato, garbanzo beans and cheddar cheese cubes dressed with buttermilk ranch and topped with sunflower seeds.	A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows.