

NAME _____

SourcePoint Meals on Wheels Program

MARCH - 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 Pork w/ Cream Cider Dijon Sauce Roasted Redskin Potatoes Cauliflower	2 Chicken w/Mushroom Gravy Sour Cream Mashed Yukon Potatoes Kyoto Veggie Blend	3 Southwest Vegan Bowl Roasted Zucchini Cornbread
6 Garic Pork Loin Roasted Redskin Potatoes Succotash	7 Beef Medallions w/Mushroom Sauce Cheddar & Chive Mashed Potatoes Carrots Broccoli	8 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Diced Peaches	9 Grilled Salmon w/Lemon Juice Coconut Rice Key West Veggie Blend Trail Mix	10 Turkey Burger w/Swiss Cheese & Caramelized Onions Roasted Roma Tomatoes Malibu Veggie Blend
13 Cheesy Broccoli Mushroom & Rice Casserole Carrots Peas Breadstick & Butter	14 Creamy Butternut Squash Pasta Roasted Root Vegetables Peas & Pearl Onions	15 Turkey w/Caramelized Onion & Apricot Glaze Mashed Sweet Potatoes Green Beans	16 Roasted Chicken w/Hunter's Sauce Spaetzle Key West Veggie Blend	17 Swiss Steak w/ Gravy Sour Cream Mashed Yukon Potatoes California Veggie Blend
20 Vegetable Bean Chili Succotash Cornbread	21 Pesto Veggie & Spaghetti Squash Bake Italian Stewed Chickpeas Cauliflower Roll & Butter	22 Baked Honey Mustard Chicken Herbed Wild Rice Peas & Carrots	23 Turkey Craisin Apple Stuffed Acorn Squash Mashed Sweet Potatoes Green Beans	24 Beef Stew Sour Cream Mashed Redskin Potatoes Malibu Veggie Blend
27 Southwest Stuffed Peppers Roasted Zucchini Mexican Street Corn Baked Tortilla Chips	28 Spinach & Artichoke Chicken Roasted Yukon Potatoes Malibu Veggie Blend	29 Broccoli Cheddar Stuffed Potato Green Beans Peas & Carrots Garlic Bread	30 Roasted Pork Loin w/Gravy Scalloped Potatoes California Veggie Blend	31 Meatloaf Roasted Redskin Potatoes Corn

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

6	14	16	28
GARLIC PORK LOIN	CREAMY BUTTERNUT SQUASH PASTA	CHICKEN WITH HUNTER SAUCE	SPINACH & ARTICHOKE CHICKEN
Juicy pork loin marinated in garlic and spices served alongside roasted redskin potatoes.	Roasted butternut squash, shallots, and garlic make up the heart of this dish. After roasted they are blended together with cream and served on top of pasta.	Chicken with a savory red sauce flavored with mushrooms, celery, onion, carrots & garlic.	Creamy spinach and artichoke mixture amde with cream cheese and garlic served atop a chicken breast.

SourcePoint Meals on Wheels Program

MARCH- COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chipotle Lime Cauliflower Taco Bowl Mexican Street Corn Salad Tropical Fruit	2 Mediterranean Grain Bowl Grapes Apricots	3 Bagel w/ Strawberry Cream Cheese Peanut Butter Granola Banana Yogurt Bowl Sliced Apples
6 Portobello Hummus Sandwich Peaches Pineapple Pistachio Ambrosia	7 Pork Sandwich w/Swiss & Caramelized Onions Tomato Wedges Applesauce	8 Chicken Italian Caesar Wrap w/Wheat Tortilla Apricots	9 Superfood Salad w/Almonds Pears	10 Egg Salad w/Wheat Swiss Cheese Cubes Mixed Fruit
13 Roast Beef & American w/ Wheat Mandarin Oranges Pears	14 Chicken Cobb Salad Pesto Pasta Salad Fruit Salad	15 Asian Chopped Salad w/Tofu & Cashews Tropical Ambrosia	16 Ground Turkey Taco Salad Mexican Street Corn Salad Tropical Fruit w/ Coconut	17 Roasted Veggies & Herb Ricotta w/Wheat Ranch Potato Salad Mixed Fruit
20 Chicken Salad over Greens Hard Boiled Eggs Mixed Fruit Whole Grain Goldfish	21 Cranberry Pecan Harvest Salad w/Diced Turkey Pears Apple Cinnamon Muffin	22 Strawberry Yogurt Parfait Mini Bagels w/ Cream Cheese Cream Cheese Cup	23 Roast Beef & Swiss w/Wheat Strawberry Chex Mix Applesauce	24 Hearty Fall Rainbow Salad w/Cashews Hard Boiled Eggs Fruit Salad
27 Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Mandarin Oranges	28 Egg Salad w/Croissant Applesauce Grapes	29 Roasted Chicken & Spinach Salad w/Almonds Vanilla Yogurt Blueberry Muffin w/ Butter	30 Autumn Roasted Veggie Salad w/Goat Cheese Pears	31 Red Pepper Hummus Carrots & Broccoli Swiss Cheese Cubes Apricots Pita Wedges

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HIGHLIGHTING MENU ITEMS

1	2	14	28
CHIPOTLE CAULIFLOWER TACO BOWL	MEDITERRANEAN GRAIN BOWL	CHICKEN COBB SALAD	EGG SALAD
Roasted cauliflower in a honey garlic lime sauce with black beans and onions topped with crumbled cheese.	Zucchini, tomatoes, garbanzo beans, avocado and feta over a mixture of lentils and farro rice.	Seasoned chicken grape tomatoes, hard boiled eggs, bacon bites and blue cheese crumbles served a top romaine lettuce and dressed with ranch.	Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise.