









NAME _____

SourcePoint Meals on Wheels Program

MAY - 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 Cheesesteak Stuffed Peppers Herb Roasted Potatoes Malibu Vegetable Blend Garlic Breadstick	2 Ratatouille Stuffed Zucchini Roasted Sweet Potatoes Sautéed Super Greens Roll w/ Butter 	3 Cheese Lasagna Roll-Up w/ Roasted Red Pepper Sauce Sautéed Mush, Onions & Green Beans California Vegetable Blend  Garlic Bread	4 Mushroom, Spinach, Leek & Bacon Frittata Potatoes O'Brien Stewed Tomatoes Sliced Apples	5 Garlic Chicken Stir-Fry Asian Rice Midori Vegetable Blend Far East Vegetable Blend
8 Roasted Pork Loin w/ Gravy Scalloped Potatoes Carrots	9 Coney Dog Corn Maui Vegetable Blend	10 Vegetable Frittata Tri-colored Potatoes Spinach Cornbread 	11 Summer Vegetable Pot Pie Broccoli Green Beans 	12 Turkey Burger w/ Provolone, Onions, & Mushrooms on Bun Roasted Roma Tomatoes Mixed Vegetables
15 Meatloaf Roasted Yukon Potatoes Green Beans	16 Turkey Burger w/ White Cheddar & Tomato Jam Summer Roasted Veggie Blend White Cheddar Popcorn	17 Cauliflower & Chickpea Curry Cilantro Rice Carrots 	18 BBQ Pulled Pork Mac & Cheese Sautéed Super Greens	19 Tuna Melt Stuffed Pepper Key West Vegetable Blend Cornbread 
22 Broccoli Cheddar Stuffed Chicken Sour Cream Mashed Potatoes Mixed Vegetables Roll w/ Butter	23 Fish Sandwich California Vegetable Blend Sautéed Mushrooms, Onions & Green Beans 	24 Thai Lemongrass Vegetable Curry Thai Vegetable Potstickers Far East Vegetable Blend 	25 Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Roasted Zucchini	26 Corned Beef Steamed Cabbage Spaetzle Carrots Applesauce
29 CLOSED	30 NO MEAL DELIVERY	31 Manicotti & Marinara California Vegetable Blend Peas & Pearl Onions		

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

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SourcePoint Meals on Wheels Program

MAY - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bagel w/ Strawberry Cr. Cheese Blueberry Granola Yogurt Bowl Hard Boiled Eggs Sliced Apples 	2 Turkey Club Sandwich on Wheat Apricots Tropical Fruit	3 Chicken Caesar Salad 3 Bean Salad Mixed Fruit	4 Steak, Walnut & Bleu Cheese Salad Peaches Roll w/ Butter	5 Garden Salad Cheddar Cheese Cubes Apple Cinnamon Muffin
8 Cottage Cheese & Pineapple Plate Banana Nut Muffin w/ Butter 	9 Seafood Salad Stuffed Tomato Hard Boiled Eggs Cheddar Cheese Cubes 	10 Corned Beef & Swiss on White Tomato & Cucumber Salad Applesauce	11 Creamy Chicken & Bacon Broccoli Salad Kale Almond Salad Corn Muffin	12 Peach, Blueberry, & Almond Spinach Salad Pineapple Pistachio Ambrosia Watermelon Roll w/ Butter
15 Egg Salad on Wheat Creamy Cucumber Salad Applesauce Colby Jack Cheese Stick 	16 7 Layer Salad Cottage Cheese & Peaches Apricots Garlic Bread	17 Roast Beef Lettuce Wrap Macaroni Salad Sliced Apples	18 Roasted Tomato, Quinoa & Feta Arugula Salad Corn Muffin 	19 Turkey Salad on Wheat Swiss Cheese Cubes Clementine
22 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce 	23 Corn, Zucchini & Arugula Salad w/ Feta 3 Bean Salad Watermelon 	24 Turkey & Mozzarella w/ Pesto Aioli on Wheat Roasted Zucchini Salad Mixed Fruit	25 Steak Cobb Salad Banana Nut Muffin w/ Butter	26 Thai Chicken Salad w/ Peanuts Tropical Fruit Salad w/ Coconut Fortune Cookie
29 CLOSED	30 NO MEAL DELIVERY	31 Taco Salad Tropical Fruit Cornbread		

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