

NAME _____

SourcePoint Meals on Wheels Program

MAY - 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 Bourbon Glazed Chicken Mashed Yukon Potatoes Sauteed Mushrooms, Onions & Green Beans	2 Indian Butter Cauliflower & Chickpeas White Rice Peas	3 Southwest Turkey Rice Casserole Mexican Street Corn Roasted Zucchini	4 Coconut Lime Shrimp & Summer Veggies over White Rice Malibu Vegetable Blend Peas Clementine	5 Baked Spaghetti w/ Mini Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
8 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	9 Creamy Pesto Veg Tortellini Peas & Pearl Onions California Vegetable Blend	10 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	11 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Oranges Jello Cup	12 Cheeseburger w/ Bun Baked Beans Corn
15 Waffle with Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup	16 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine	17 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	18 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter	19 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
22 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	23 Vegetable Teriyaki w/ Cashews Brown Rice Broccoli Vegetarian Egg Roll Clementine	24 BBQ Pulled Pork w/ Bun Mac & Cheese Green Beans	25 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	26 Veggie Burger w/ White Cheddar, Gaucamole & Bun Roasted Redskin Potatoes Mixed Vegetables
29 CLOSED	30 NO MEAL DELIVERY	31 Manicotti w/ 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 DAILY

Cancellations must be received by 11am, 2 business day in advance
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(740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tuna Salad w/ Provolone on Wheat Carrot Raisin Salad Pears 	2 Citrus Chicken Salad w/ Almonds on Croissant Cottage Cheese Peaches	3 Roast Beef & Cheddar on Wheat Bacon Ranch Pea Salad Peaches	4 Roasted Veggie Lentil Salad Apricots Grapes Flatbread 	5 Ham Salad w/ Croissant Hard Boiled Eggs Watermelon
8 Turkey & Swiss on Wheat Ranch Potato Salad Fresh Cut Fruit	9 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	10 Tortellini Greek Pasta Salad Apricots Hummus Cup w/ Pita Wedges	11 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges 	12 BBQ Chicken Salad Pineapple Slaw Watermelon
15 Tuna Pasta Salad Pineapple Mandarin Oranges 	16 Chicken Caesar Salad Italian Pasta Salad Apricots	17 Turkey & Swiss on Wheat Macaroni Salad Peaches	18 Moroccan Barley Salad Apricots Tropical Ambrosia 	19 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
22 Egg Salad on Croissant 3 Bean Salad Mixed Fruit	23 Caprese Chicken Salad Pesto Pasta Salad Pears	24 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	25 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots 	26 Ranch Turkey Wrap Whole Grain Goldfish Fruit Salad
29 CLOSED	30 NO MEAL DELIVERY	31 Taco Salad Tropical Fruit Cornbread		

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