

NAME _____

SourcePoint Meals on Wheels Program

MAY - 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 Pulled Pork Sandwich Corn Pudding Bake Green Beans	2 Grilled Salmon w/ Pineapple & Black Bean Salsa Cilantro Rice Maui Vegetable Blend Creamy Mexican Squash	3 Caprese Stuffed Portobello Baby Bakers Cauliflower Roll w/ Butter	4 Cheese Pizza Italian Stewed Chickpeas Creamy Zucchini	5 Ground Turkey & Summer Veg Pesto Quinoa Bowl Succotash Sauteed Super Greens
8 Meatloaf Roasted Redskin Potatoes Peas & Pearl Onions	9 Spinach & Mushroom Stuffed Shells Malibu Vegetable Blend Green Beans Garlic Bread	10 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn	11 Sweet & Sour Pork w/ Peppers & Onions White Rice Midori Vegetable Blend Vegetarian Egg Roll	12 Dill Glazed Salmon Confetti Brown Rice Malibu Vegetable Blend Lima Beans
15 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Mandarin Orange Jello Cup Broccoli	16 Summer Seafood & Potato Bake Roasted Roma Tomatoes Kyoto Vegetable Blend	17 Roasted Veggie Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions	18 Turkey Burger w/ Swiss & Carmelized Onions w/ Bun Succotash Green Beans	19 Teriyaki Pork, Mushrooms & Zucchini Stir-Fry White Rice Far East Vegetable Blend Oriental Vegetable Blend
22 BBQ Pork Loin w/ Roasted Peach BBQ Sauce Sour Cream Mashed Potatoes Broccoli	23 Cheeseburger w/ Bun Roasted Yukon Potatoes Corn	24 Caribbean Chicken Stir-Fry Brown Rice Kyoto Vegetable Blend Green Beans Hawaiian Roll w/ Butter	25 Portobella Fajitas Seasoned Black Beans Corn	26 Potato Crusted Tilapia Lemon Herb Rice Kyoto Vegetables Roll w/ Butter
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 LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mediterranean Grain Bowl Fresh Cut Fruit Pears 	2 Southwest Salad w/ Ground Bee Watermelon	3 BLT Salad Fruit Salad Trail Mix	4 Hawaiian BBQ Chicken Wrap Tropical Slaw Mandarin Oranges	5 Corn, Zucchini White Bean Salad w/ Sundried Tomato Vinaigrette Swiss Cheese Cubes Fresh Cut Fruit
8 Summer Quinoa Salad w/ Sunflower Seeds Swiss Cheese Cubes Pears 	9 Chicken Salad Wrap Mixed Fruit Whole Grain Goldfish	10 Ground Turkey Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Watermelon Tortilla Chips	11 Tuna Pasta Salad Tropical Ambrosia Tomato Wedges Clementine 	12 Mozzarella, Tomato & Chickpea Salad Harb Boiled Eggs Peaches Sliced Apples
15 Summer Chicken BLT Salad Fruit Salad Strawberry Chex Mix	16 Black Bean Taco Dip Watermelon Mandarin Oranges Tortilla Chips 	17 Dilled Pasta Salad w/ Shrimp Hard Boiled Eggs Tropical Fruit Salad w/ Coconut 	18 Roast Beef & Swiss on Wheat Ranch Potato Salad Mixed Fruit	19 Cottage Cheese & Pineapple Plate Banana Muffin Trail Mix
22 Turkey & Swiss Wrap Tomato Wedges Ambrosia	23 Asparagus, Egg, Bacon & Walnut Salad Swiss Cheese Cubes Grapes	24 Summer Vegetable Salad Potato Salad Fresh Cut Fruit 	25 Tuna Salad over Salad Greens Mandarin Oranges Pears Strawberry Chex Mix 	26 Chopped Mexican Salad w/ Lime Vinaigrette Tropical Fruit Salad w/ Coconut Pineapple Mango Salsa Tortilla Chips
29 CLOSED	30 NO MEAL DELIVERY	31 Taco Salad Tropical Fruit Cornbread		

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