









NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**JUNE - 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 Pork Loin w/ Savory Peach Sauce Baby Bakers Succotash	2 Hawaiian Turkey Meatballs White Rice Maui Vegetable Blend Hawaiian Roll w/ Butter
5 BBQ Beef Scalloped Potatoes Sauteed Super Greens	6 Caprese Chicken w/ Bacon Baby Bakers Malibu Vegetable Blend Garlic Breadstick	7 Roasted Veggie Stuffed Portobello Mixed Vegetables Cornbread 	8 Baked Cod w/ Lemon Cream Sauce Tri-colored Potatoes Spinach 	9 Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Kyoto Vegetable Blend Midori Vegetable Blend
12 Cheesesteak Stuffed Pepper Herb Roasted Redskin Potatoes Malibu Vegetable Blend Garlic Breadstick	13 Ratatouille Stuffed Zucchini Roasted Sweet Potatoes Sauteed Super Greens Roll w/ Butter 	14 Cheese Lasagna Roll-up w/ Roasted Red Pepper Sauce Sauteed Mushroom, Onions & Gr. Beans California Vegetable Blend Garlic Bread 	15 Mushroom, Spinach, Leek & Bacon Frittata Potatoes O'Brien Stewed Tomatoes Sliced Apples	16 Garlic Chicken Stir-Fry Asian Rice Midori Vegetable Blend Far East Vegetable Blend
19 Roasted Pork Loin w/ Gravy Scalloped Potatoes Carrots	20 Coney Dog w/ Bun Corn Maui Vegetable Blend	21 Vegetable Frittata Tri-colored Potatoes Spinach Cornbread 	22 Summer Veggie Pot Pie Broccoli Green Beans 	23 Turkey Burger w/ Provolone Onions & Mushrooms Roasted Roma Tomatoes Mixed Vegetables
26 Meatloaf Roasted Yukon Potatoes Green Beans	27 Turkey Burger w/ White Cheddar & Tomato Jam Summer Roasted Vegetable Blend White Cheddar Popcorn	28 Cauliflower & Chickpea Curry Cilantro Rice Carrots 	29 BBQ Pulled Pork Mac & Cheese Sauteed Super Greens	30 Tuna Melt Stuffed Pepper Key West Vegetable Blend Cornbread 

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**

JUNE 12	JUNE 22	JUNE 27	JUNE 30
<b>CHEESESTEAK STUFFED PEPPERS</b> Thinly sliced steak sauteed with mushrooms and onions stuffed into a bell pepper and topped with melty cheese.	<b>SUMMER VEGGIE POT PIE</b> Creamy pot pie filling loaded with Summer veggies and fresh herbs. Topped with a buttery biscuit.	<b>TURKEY BURGER W/ CHEDDAR &amp; JAM</b> Delicious turkey patty topped with melted white cheddar and a flavorful house made tomato jam.	<b>TUNA MELT STUFFED PEPPER</b> Tuna salad stuffed bell pepper topped with a slice of tomato and melted cheddar cheese.

## SourcePoint Meals on Wheels Program

# JUNE - COLD CARB CONTROLLED

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(740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Asian Salad w/ Peanuts Tropical Ambrosia Mandarin Oranges Fortune Cookie	Steak, Blueberry, & Pecan Salad Cottage Cheese Peaches
5	6	7	8	9
Chopped Mexican Salad w/ Lime Vinaigrette Watermelon Tortilla Chips & Salsa	Turkey & Cheddar on Wheat Herby Cauliflower Salad w/ Chickpeas Peaches	Ham Salad on Croissant Swiss Cheese Cubes Tomato Wedges	Italian Chopped Salad Apricots Garlic Bread	Tuna Salad over Greens Veggie Pasta Salad Watermelon Roll w/ Butter
12	13	14	15	16
Bagel w/ Strawberry Cream Cheese Blueberry Granola Yogurt Bowl Hard Boiled Eggs	Turkey Club on Wheat Apricots Tropical Fruit	Chicken Caesar Salad 3 Bean Salad Mixed Fruit	Steak, Walnut & Bleu Cheese Salad Peaches Roll w/ Butter	Garden Salad Cheddar Cheese Cubes Apple Cinnamon Muffin
19	20	21	22	23
Cottage Cheese & Pineapple Plate Celery & Peanut Butter Banana Nut Muffin	Seafood Salad Stuffed Tomato Hard Boiled Eggs Cheddar Cheese Cubes	Corned Beef & Swiss on White Tomato & Cucumber Salad Applesauce	Creamy Chicken & Bacon Broccoli Salad Kale Almond Salad Corn Muffin	Peach, Blueberry & Almond Spinach Salad Pineapple Pistachio Ambrosia Watermelon
26	27	28	29	30
Egg Salad on Wheat Creamy Cucumber Salad Applesauce Colby Cheese Stick	7 Layer Salad Cottage Cheese & Peaches Apricots Garlic Bread	Roast Beef Lettuce Wrap Macaroni Salad Sliced Apples	Roasted Tomato, Quinoa, Feta & Arugula Salad Corn Muffin	Turkey Salad on Wheat Swiss Cheese Cubes Clementine

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### HIGHLIGHTING MENU ITEMS

<b>JUNE 8</b> <b>ITALIAN CHOPPED SALAD</b> Fresh chopped vegetable salad with garbanzo beans, artichokes, and fresh basil tossed with fresh mozzarella cheese. Served with Italian dressing and parmesan cheese.	<b>JUNE 12</b> <b>BLUEBERRY GRANOLA YOGURT BOWL</b> Honey greek yogurt with blueberries and granola folded in for a sweet breakfast side dish.	<b>JUNE 20</b> <b>SEAFOOD SALAD STUFFED TOMATO</b> Bright, creamy seafood salad made with shrimp and imitation crab stuffed into a fresh tomato.	<b>JUNE 29</b> <b>ROASTED QUINOA &amp; ARUGULA SALAD</b> Superfood salad made with fresh shredded veggies, quinoa & roasted tomatoes tossed lightly w/ a lemon vinaigrette. Served over arugula w/ crumbled feta, croutons & a creamy pesto dressing.
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