

NAME _____

SourcePoint Meals on Wheels Program

JUNE - 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 Turkey Tetrazzini Carrots Roasted Roma Tomatoes	2 Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Country Apples
5 Turkey Chili Stuffed Sweet Potato Broccoli Corn	6 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Garlic Breadstick	7 Meatloaf Baby Bakers Green Beans	8 Pork & Pineapple Teriyaki White Rice Midori Vegetable Blend Far East Vegetable Blend	9 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
12 Bourbon Glazed Chicken Mashed Yukon Potatoes Sauteed Mushrooms, Onions & Green Beans	13 Indian Butter Cauliflower & Chickpeas White Rice Peas	14 Southwest Turkey Rice Casserole Mexican Street Corn Roasted Zucchini	15 Coconut Lime Shrimp & Summer Vegetables w/ White Rice Malibu Vegetable Blend Peas Clementine	16 Baked Spaghetti w/ Mini Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
19 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	20 Creamy Pesto Vegetable Tortelli Peas & Pearl Onions California Vegetable Blend	21 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	22 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	23 Burger w/American Cheese Lettuce/Tomato/Onion Baked Beans Corn
26 Waffle w/ Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup	27 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine	28 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	29 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter	30 Beef Hot Dog w/ Bun Roasted Yukon 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

JUNE 9	JUNE 19	JUNE 21	JUNE 28
BBQ CHICKEN GRAIN BOWL	TUSCAN CHICKEN	HAWAIIAN PULLED PORK SANDWICH	CAPRESE CHICKEN
Brown rice cooked with peppers, onions, black beans, and corn. Topped with BBQ chicken and served with ranch dressing and tortilla strips for an added crunch.	Creamy white wine sauce and spinach, sundried tomatoes, and fresh herbs served over a garlic herb seasoned chicken breast.	Slow roasted BBQ pulled pork topped with a pineapple ring and melted provolone cheese.	Balsamic seasoned chicken breast topped with pesto tomatoes and melted cheese.

SourcePoint Meals on Wheels Program

JUNE - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Veggie Sandwich w/ Herbed Cream Cheese Spread Mixed Fruit Strawberry Chex Mix	2 Pesto Chickpea Veggie Salad Peaches Fresh Cut Fruit Flatbread
5 Ham & Swiss on Rye Tomato Wedges Fresh Cut Fruit	6 Beef Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Watermelon	7 Curried Chicken Salad w/ Almonds Cucumber Salad Tropical Fruit Salad w/ Coconut Flatbread	8 Creamy Chipotle Lima Bean Salad Cheddar Cheese Cubes Mandarin Oranges Tortilla Chips & Salsa	9 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
12 Tuna Salad & Provolone on Wheat Carrot Raisin Salad Pears	13 Citrus Chicken Salad w/ Almonds on Croissant Cottage Cheese Peaches	14 Roast Beef & Cheddar on Wheat Bacon Ranch Pea Salad Peaches	15 Roasted Veggie Lentil Salad Apricots Grapes Flatbread	16 Ham Salad on Croissant Hard Boiled Eggs Watermelon
19 Turkey & Swiss on Wheat Ranch Potato Salad Fresh Cut Fruit	20 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	21 Tortellini Greek Pasta Salad Apricots Hummus with Pita Wedges	22 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	23 BBQ Chicken Salad Pineapple Slaw Watermelon
26 Tuna Pasta Salad Pineapple Mandarin Oranges	27 Chicken Caesar Salad Italian Pasta Salad Apricots	28 Turkey & Swiss on Wheat Macaroni Salad Peaches	29 Moroccan Barley Salad Apricots Tropical Ambrosia	30 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin

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HIGHLIGHTING MENU ITEMS

JUNE 9	JUNE 13	JUNE 23	JUNE 30
ITALIAN TORTELLINI PASTA SALAD	CITRUS CHICKEN SALAD SANDWICH	BBQ CHICKEN SALAD	SUMMER CORN, TOMATO & BEAN SALAD
Cheese tortellini tossed with fresh vegetables and golden Italian dressing, finished with parmesan cheese.	Herb marinated chicken shredded and tossed in a sweet, herby citrus dressing with almonds and grapes. Served with a buttery croissant to make a delicious sandwich.	Crisp romaine salad topped with bell peppers, onions, black beans, and pineapple. Finished with BBQ chicken and monterey jack cheese. Served with ranch dressing and tortilla strips.	Corn, tomatoes, and white beans tossed in a light white balsamic vinaigrette dressing. Served over romaine.