

NAME _____

SourcePoint Meals on Wheels Program

JUNE - 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 Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Green Beans	2 Seared Lemon Chicken Mushroom Brown Rice Roasted Asparagus, Onions & Grape Tomatoes Breadstick w/ Butter
5 Roasted Veggie Penne Pasta California Vegetable Blend Peas	6 Pork Loin w/ Creamy Garlic Spinach Sauce Mashed Redskin Potatoes Green Beans	7 Southwestern Vegan Bowl Roasted Roma Tomatoes Malibu Vegetable Blend Hawaiian Roll w/ Butter	8 Honey Mustard Chicken Herbed Wild Rice Key West Vegetable Blend Peaches	9 Unstuffed Cabbage Rolls Carrots Cornbread
12 Pulled Pork Sandwich Corn Pudding Green Beans	13 Grilled Salmon w/ Pineapple & Black Bean Salsa Cilantro Rice Maui Vegetable Blend Creamy Mexican Squash	14 Caprese Stuffed Portobello Baby Bakers Cauliflower Roll w/ Butter	15 Cheese Pizza Italian Stewed Chickpeas Creamy Zucchini	16 Ground Turkey & Summer Veggie Pesto Quinoa Bowl Succotash Sauteed Super Greens
19 Meatloaf Roasted Redskin Potatoes Peas & Pearl Onions	20 Spinach & Mushroom Stuffed Shells Malibu Vegetable Blend Green Beans Garlic Bread	21 Chicken Fajita Stuffed Pepper Seasoned Black Beans Corn	22 Sweet & Sour Pork w/ Peppers & Onions White Rice Midori Vegetable Blend Egg Roll	23 Dill Glazed Salmon Confetti Brown Rice Broccoli Roll w/ Butter
26 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Broccoli Mandarin Orange Jello	27 Summer Seafood & Potato Bake Roasted Roma Tomatoes Kyoto Vegetable Blend	28 Roasted Vegetable Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions	29 Turkey Burger w/ Swiss & Caramelized Onions Succotash Green Beans	30 Teriyaki Pork, Mushroom & Zucchini Stir-Fry White Rice Far East Vegetable Blend Oriental Vegetable Blend

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 1 COD W/ WHITE WINE TOMATO BASIL SAUCE Tender flaky cod cooked with exploding flavors of tomatoes and basil in a white wine reduction with lemon for added brightness.	JUNE 14 CAPRESE STUFFED PORTOBELLO Garlic butter smothered portobello mushroom stuffed with fresh melty mozzarella cheese and grape tomatoes. Finished w/ fresh basil & a rich balsamic glaze drizzled on top.	JUNE 20 SPINACH & MUSHROOM STUFFED SHELLS Cheesy house made stuffed shells packed with veggies and flavor. Topped with marinara.	JUNE 21 CHICKEN FAJITA STUFFED PEPPER Delicious stuffed bell pepper filled with seasoned chicken and onions. Topped with melty cheese.
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SourcePoint Meals on Wheels Program

JUNE - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Beef & Summer Vegetable Salad Mixed Fruit Wheat Crackers	Beet & Mandarin Orange Salad w/ Raspberry Vinaigrette Hard Boiled Eggs Pears Roll w/ Butter
5	6	7	8	9
Greek Chicken & Grain Salad Broccoli & Carrots Roasted Red Pepper Hummus	Vanilla Yogurt Parfait Peaches Blueberry Muffin w/ Butter	Strawberry Pecan Salmon Salad Vanilla Yogurt Pears Banana Muffin	Caprese Steak Salad Fruit Salad Apricots	Roasted Veggie Sandwich w/ Herbed Ricotta on Wheat Mixed Fruit White Cheddar Popcorn
12	13	14	15	16
Mediterranean Grain Bowl Fresh Cut Fruit Pears	Southwest Beef Salad Watermelon	BLT Salad Fruit Salad Trail Mix	Hawaiian BBQ Chicken Wrap Tropical Slaw Mandarin Oranges	Corn & Zucchini White Bean Salad w/ Sundried Tomato Vinaigrette Swiss Cheese Cubes Fresh Cut Fruit
19	20	21	22	23
Summer Quinoa Salad w/ Sunflower Seeds Swiss Cheese Cubes Pears	Chicken Salad Wrap Mixed Fruit Goldfish	Turkey Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Watermelon Tortilla Chips	Tuna Pasta Salad Tropical Ambrosia Tomato Wedges Clementine	Mozzarella, Tomato & Chickpea Salad Harb Boiled Eggs Peaches Sliced Apples
26	27	28	29	30
Summer Chicken BLT Salad Fruit Salad Strawberry Chex Mix	Black Bean Taco Dip Watermelon Mandarin Oranges Tortilla Chips	Dilled Pasta Salad w/ Bay Shrimp Hard Boiled Eggs Tropical Fruit Salad w/ Coconut	Roast Beef & Swiss on Wheat Ranch Potato Salad Mixed Fruit	Cottage Cheese & Pineapple Plate Celery & Peanut Butter Banana Muffin Trail Mix

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HIGHLIGHTING MENU ITEMS

JUNE 1 BEEF & SUMMER VEGETABLE SALAD Roasted Summer veggies tossed in a balsamic vinaigrette. Served over romaine and finished with tender sliced steak and feta cheese.	JUNE 16 CORN & ZUCCHINI WHITE BEAN SALAD Corn, zucchini, and white beans tossed in a flavorful sundried tomato vinaigrette. Served over romaine.	JUNE 26 SUMMER CHICKEN BLT SALAD Fresh romaine salad topped with seasoned chicken, crisp bacon, fresh tomatoes, and corn. Finished with feta cheese. Served with ranch dressing and croutons.	JUNE 27 BLACK BEAN TACO DIP Creamy, seasoned black bean dip topped with fresh tomato and corn salsa, sour cream, and cheese. Served with tortilla chips.
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