

NAME _____

SourcePoint Meals on Wheels Program

AUGUST - 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 Coney Dog w/ Bun Corn Maui Vegetable Blend	2 Vegetable Frittata Tri-colored Potatoes Spinach Cornbread	3 Summer Veggie Pot Pie Broccoli Green Beans	4 Turkey Burger w/ Provolone, Onions & Mushrooms Roasted Roma Tomatoes Mixed Vegetables
7 Meatloaf Roasted Yukon Potatoes Green Beans	8 Turkey Burger w/ White Cheddar & Tomato Jam Summer Roasted Vegetable Blend White Cheddar Popcorn	9 Cauliflower & Chickpea Curry Cilantro Rice Carrots	10 BBQ Pulled Pork Mac & Cheese Sautéed Super Greens	11 Tuna Melt Stuffed Pepper Key West Vegetable Blend Cornbread
14 Broccoli Stuffed Chicken Sour Cream Mashed Potatoes Mixed Vegetables Roll w/ Butter	15 Fish Sandwich California Vegetable Blend Sautéed Onions, Mushrooms & Green Beans	16 Thai Lemongrass Veggie Curry over Brown Rice Thai Veggie Potstickers Far East Vegetable Blend	17 Shredded Pork Tinga w/ Queso Fresco Corn & Black Beans Roasted Zucchini Tortillas	18 CLOSED
21 NO MEAL DELIVERY	22 BBQ Pulled Chicken Baby Bakers Corn Pudding	23 Peanut Tofu & Cauliflower Rice Stir-Fry Far East Vegetable Blend Vegetable Egg Roll	24 Pork Loin w/ Savory Peach Sauce Baby Bakers Succotash	25 Hawaiian Turkey Meatballs White Rice Maui Vegetable Blend Hawaiian Roll w/ Butter
28 BBQ Beef Scalloped Potatoes Sautéed Super Greens	29 Caprese Chicken w/ Bacon Baby Bakers Malibu Vegetable Blend Garlic Breadstick	30 Roasted Vegetable Stuffed Portobello Cornbread Mixed Vegetables	31 Baked Cod w/ Lemon Cream Sauce Tri-colored Potatoes Spinach	

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











AUGUST 9	AUGUST 10	AUGUST 17	AUGUST 29
Cauliflower & Chickpea Curry	Sautéed Super Greens	Shredded Pork Tinga	Caprese Chicken w/Bacon
Cauliflower simmered in a rich coconut sauce seasoned with a blend of cinnamon, curry and ginger.	Sautéed shredded kale, broccoli, brussels sprouts, and cabbage with garlic and onion.	Seasoned shredded pork served with queso fresco and tortillas.	Tender chicken topped with provolone cheese, pesto tomatoes and bacon.

SourcePoint Meals on Wheels Program

AUGUST - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Seafood Salad Stuffed Tomato Hard Boiled Eggs Cheddar Cheese Cubes 	2 Corned Beef & Swiss on White Tomato & Cucumber Salad Applesauce	3 Creamy Chicken & Bacon Broccoli Salad Kale Almond Salad Corn Muffin	4 Peach, Blueberry & Almond Spinach Salad Pineapple Pistachio Ambrosia Watermelon Roll w/ Butter 
7 Egg Salad on Wheat Creamy Cucumber Salad Applesauce Colby Cheese Stick 	8 7 Layer Salad Cottage Cheese & Peaches Apricots Garlic Bread	9 Roast Beef Lettuce Wrap Macaroni Salad Sliced Apples	10 Roasted Tomato, Quinoa, Feta & Arugula Salad Corn Muffin 	11 Turkey Salad on Wheat Swiss Cheese Cubes Clementine
14 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce 	15 Corn, Zucchini & Arugula Salad Three Bean Salad Watermelon 	16 Turkey & Mozzarella Sandwich w/Pesto Aioli Roasted Zucchini Salad Mixed Fruit	17 Steak Cobb Salad Banana Nut Muffin	18 CLOSED
21 NO MEAL DELIVERY	22 Egg Salad w/Croissant Swiss Cheese Cubes Hawaiian Fruit Salad w/Coconut 	23 Chicken Salad on Croissant Clementine Goldfish	24 Asian Salad w/ Peanuts Tropical Ambrosia Mandarin Oranges Fortune Cookie 	25 Steak, Blueberry, & Pecan Spinach Salad Cottage Cheese Peaches
28 Chopped Mexican Salad w/ Lime Vinaigrette Watermelon Tortilla Chips & Guacamole 	29 Turkey & Cheddar on Wheat Herby Cauliflower Salad w/ Chickpeas Peaches	30 Ham Salad on Croissant Swiss Cheese Cubes Tomato Wedges	31 Italian Chopped Salad Apricots Garlic Bread 	

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HIGHLIGHTING MENU ITEMS

AUGUST 4	AUGUST 8	AUGUST 14	AUGUST 17
Pineapple Pistachio Ambrosia	Seven Layer Salad	Guacamole Veggie Sandwich	Steak Cobb Salad
A delightful, light and fluffy salad with pineapple, pistachios, creamy whipped topping and mini marshmallows.	A delicious layered salad consisting of romaine lettuce, red onions, hard boiled eggs, peas, bacon bits, diced tomatoes and shredded cheese.	Tomato, red onion, cucumber and lettuce served with wheat bread and guacamole for a light summer lunch.	A twist on a classic containing romaine lettuce, hard boiled eggs, grape tomatoes, bacon bits, and bleu cheese topped with steak.