

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**AUGUST - 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 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend	2 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	3 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	4 Burger w/American Cheese Lettuce/Tomato/Onion Baked Beans Corn
7 Waffle w/ Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup	8 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine	9 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	10 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter	11 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
14 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	15 Vegetable Teriyaki w/Cashews Brown Rice Broccoli Vegetable Egg Roll Clementine	16 BBQ Pulled Pork w/Bun Mac & Cheese Green Beans	17 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	18 <b>CLOSED</b>
21 <b>NO MEAL DELIVERY</b>	22 BBQ Pulled Chicken Baby Bakers Corn Pudding	23 Grilled Salmon w/ Pineapple Salsa Coconut Rice Far East Vegetable Blend Hawaiian Roll w/ Butter	24 Turkey Tetrazzini Carrots Roasted Roma Tomatoes	25 Bratwurst & Sauerkraut Roasted Redskin Potatoes Country Apples
28 Turkey Chili Stuffed Sweet Potato Broccoli Corn	29 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Pear Cup	30 Meatloaf Baby Bakers Green Beans	31 Pork & Pineapple Teriyaki White Rice Midori Vegetable Blend Far East 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**

AUGUST 2	AUGUST 15	AUGUST 25	AUGUST 29
Sauteed Super Greens	Vegetable Teriyaki	Country Apples	Italian Stewed Chickpeas
Sauteed shredded kale, broccoli, brussels sprouts, and cabbage with garlic and onion.	Colorful medley of peppers, broccoli, squash, mushrooms, zucchini, onions, sugar snap peas, carrots, crunchy cashews tossed with teriyaki sauce and served over rice.	Fresh cooked apples seasoned with cinnamon and sugar and chilled to perfection.	Garbanzo beans, red bell peppers, red onion and tomatoes stewed in Italian herbs make this a great new favorite.

## SourcePoint Meals on Wheels Program

# AUGUST - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	<b>2</b> Tortellini Greek Pasta Salad Apricots Hummus with Pita Wedges 	<b>3</b> Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges 	<b>4</b> BBQ Chicken Salad Pineapple Slaw Peaches
<b>7</b> Tuna Pasta Salad Pineapple Mandarin Oranges 	<b>8</b> Chicken Caesar Salad Italian Pasta Salad Apricots	<b>9</b> Turkey & Swiss on Wheat Macaroni Salad Peaches	<b>10</b> Moroccan Barley Salad Apricots Tropical Ambrosia 	<b>11</b> Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin 
<b>14</b> Egg Salad on Croissant Three Bean Salad Mixed Fruit 	<b>15</b> Caprese Chicken Salad Pesto Pasta Salad Pears	<b>16</b> Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/Butter	<b>17</b> Mediterranean Chickpea Salad Hard Boiled Eggs Apricots 	<b>18</b> <b>CLOSED</b>
<b>21</b> <b>NO MEAL DELIVERY</b>	<b>22</b> Egg Salad w/Croissant Swiss Cheese Cubes Hawaiian Fruit Salad w/Coconut 	<b>23</b> Roast Beef & Provolone on Wheat Kale Almond Salad Ambrosia	<b>24</b> Tomato, Cucumber & Spinach Sandwich w/ Herb Cream Cheese Spread Mixed Fruit Strawberry Chex Mix 	<b>25</b> Pesto Chickpea Vegetable Salad Peaches Fresh Cut Fruit Flatbread 
<b>28</b> Ham & Swiss on Rye Tomato Wedges Fresh Cut Fruit	<b>29</b> Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Peaches	<b>30</b> Curried Chicken Salad w/Almonds Cucumber Salad Tropical Fruit Salad w/Coconut Flatbread	<b>31</b> Creamy Chipotle Lime Bean Salad Cheddar Cheese Cubes Mandarin Oranges Tortilla Chips & Salsa 	

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### HIGHLIGHTING MENU ITEMS

AUGUST 4	AUGUST 14	AUGUST 14	AUGUST 30
Pineapple Slaw	Three Bean Salad	Egg Salad	Curried Chicken Salad
Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and sour marinade gives this trio of green beans, wax beans and dark kidney beans its tangy flavor.	Delicious salad made of hardboiled eggs, pickle relish, celery, onions and mayonnaise.	Creamy, chicken salad with a hint of spice served atop a bed of lettuce and topped with slivered almonds.