










NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**AUGUST - 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 Spinach & Mushroom Stuffed Shells Malibu Vegetable Blend Green Beans  Garlic Bread	2 Chicken Fajita Stuffed Pepper Seasoned Black Beans Corn	3 Sweet & Sour Pork w/ Peppers & Onions White Rice Midori Vegetable Blend Egg Roll	4 Dill Glazed Salmon  Confetti Brown Rice Broccoli Roll w/ Butter
7 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Broccoli Mandarin Orange Jello 	8 Summer Seafood & Potato Bake  Roasted Roma Tomatoes Kyoto Vegetable Blend	9 Roasted Vegetable Stuffed Portobella Herbed Wild Rice Peas & Pearl Onions 	10 Turkey Burger w/ Swiss & Carmelized Onions w/Bun Succotash Green Beans	11 Teriyaki Pork, Mushroom & Zucchini Stir-Fry White Rice Far East Vegetable Blend Oriental Vegetable Blend
14 Pork Loin w/ Roasted Peach BBQ Sauce Sour Cream Mashed Potatoes Broccoli	15 Hamburger w/Swiss Lettuce/Tomato/Onion Roasted Yukon Potatoes Corn	16 Caribbean Chicken Stir Fry Brown Rice Kyoto Vegetable Blend Green Beans Hawaiian Roll w/Butter	17 Portobella Fajitas Seasoned Black Beans Corn 	18 <b>CLOSED</b>
21 <b>NO MEAL DELIVERY</b>	22 BBQ Pulled Chicken Baby Bakers Corn Pudding	23 Bacon, Asparagus & Leek Quiche Roasted Redskin Potatoes Roasted Roma Tomatoes	24 Seared Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Green Beans 	25 Seared Lemon Chicken Mushroom Brown Rice Roasted Asparagus, Onions, & Grape Tomatoes Breadstick w/ Butter
28 Roasted Vegetables w/ Penne Pasta California Vegetable Blend Peas 	29 Pork Loin w/ Creamy Garlic & Spinach Sauce Mashed Redskin Potatoes Green Beans	30 Southwestern Vegan Bowl Roasted Roma Tomatoes Malibu Vegetable Blend Hawaiian Roll w/ Butter 	31 Honey Mustard Chicken Herbed Wild Rice Key West Vegetable Blend Diced Peaches	

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 8	AUGUST 23	AUGUST 28	AUGUST 30
Kyoto Vegetable Blend	Bacon, Asparagus & Leek Quiche	California Vegetable Blend	Southwestern Vegan Bowl
A mixture of shelled edamame, broccoli, carrots, corn and red bell pepper.	Egg pie with crispy bacon, tender asparagus and leeks.	Delicious broccoli, cauliflower, and sweet crinkle cut carrots, the perfect side dish.	Sweet potatoes, black beans, lentils and brown rice tossed in a red wine vinaigrette.

## SourcePoint Meals on Wheels Program

# AUGUST - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Chicken Salad Wrap Mixed Fruit Goldfish	<b>2</b> Turkey Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Watermelon Tortilla Chips	<b>3</b> Tuna Pasta Salad Tropical Ambrosia Tomato Wedges Clementine	<b>4</b> Mozzarella, Tomato & Chickpea Salad Harb Boiled Eggs Peaches Sliced Apples
<b>7</b> Summer Chicken BLT Salad Fruit Salad Strawberry Chex Mix	<b>8</b> Black Bean Taco Dip Watermelon Mandarin Oranges Tortilla Chips	<b>9</b> Dilled Pasta Salad w/ Bay Shrimp Hard Boiled Eggs Tropical Fruit Salad w/ Coconut	<b>10</b> Roast Beef & Swiss on Wheat Ranch Potato Salad Mixed Fruit	<b>11</b> Cottage Cheese & Pineapple Plate Celery & Peanut Butter Banana Muffin Trail Mix
<b>14</b> Turkey & Swiss Wrap Tomato Wedges Ambrosia	<b>15</b> Asparagus, Egg, Bacon & Walnut Salad Swiss Cheese Cubes Grapes	<b>16</b> Summer Vegetable Salad Potato Salad Fresh Fruit	<b>17</b> Tuna Salad over Salad Greens Mandarin Oranges Pears Strawberry Chex Mix	<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> Egg Salad on Wheat Chopped Roasted Vegetable Pesto Salad Fresh Cut Fruit	<b>24</b> Beef & Summer Vegetable Salad Mixed Fruit Wheat Crackers	<b>25</b> Beet & Mandarin Orange Salad w/ Raspberry Vinaigrette Hard Boiled Eggs Pears Roll w/ Butter
<b>28</b> Greek Chicken & Grain Salad Roasted Red Pepper Hummus Broccoli Carrots	<b>29</b> Vanilla Yogurt Parfait Blueberry Muffin Diced Peaches Cup	<b>30</b> Strawberry Pecan Salmon Salad Vanilla Yogurt Pears Banana Muffin	<b>31</b> Caprese Steak Salad Fruit Salad Apricots	

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### HIGHLIGHTING MENU ITEMS

AUGUST 9	AUGUST 14	AUGUST 25	AUGUST 29
Dill Pasta Salad w/Shrimp	Ambrosia	Beet & Mandarin Orange Salad	Vanilla Yogurt Parfait
Classic pasta salad with celery and red onion with fresh dill and shrimp.	A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows.	A mix of beets, mandarin oranges and red onions topped with goat cheese, hard boiled eggs served over crisp spring mix.	Creamy vanilla yogurt topped with a tart Michigan cherry blend and granola, served with a side of whipped topping.