

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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 Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Kyoto Vegetable Blend Midori Vegetable Blend
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Mushroom, Spinach, Leek & Bacon Frittata Potatoes O'Brien Stewed Tomatoes Sliced Apples	8 Garlic Chicken Stir-Fry Asian Rice Midori Vegetable Blend Far East Vegetable Blend
11 Roasted Pork Loin w/ Gravy Scalloped Potatoes Carrots	12 Coney Dog w/ Bun Corn Maui Vegetable Blend	13 Vegetable Frittata Tri-colored Potatoes Spinach Cornbread 	14 Summer Vegetable Pot Pie Broccoli Green Beans 	15 Turkey Burger w/ Provolone, Onions & Mushrooms Roasted Roma Tomatoes Mixed Vegetables
18 Meatloaf Roasted Yukon Potatoes Green Beans	19 Turkey Burger w/White Cheddar & Tomato Jam Summer Roasted Vegetable Blend White Cheddar Popcorn	20 Cauliflower & Chickpea Curry Cilantro Rice Carrots 	21 BBQ Pulled Pork Mac & Cheese Sauteed Super Greens	22 Tuna Melt Stuffed Pepper Key West Vegetable Blend Cornbread
25 Broccoli Stuffed Chicken Sour Cream Mashed Potatoes Mixed Vegetables Roll w/ Butter	26 Fish Sandwich California Vegetable Blend Sauteed Mushrooms, Onions & Green Beans 	27 Thai Lemongrass Veggie Curry Thai Vegetable Potstickers Far East Vegetable Blend 	28 Shredded Pork Tinga w/ Queso Fresco & Tortillas Corn & Black Beans Roasted Zucchini	29 Corned Beef w/Steamed Cabbage Spaetzle Carrots Applesauce

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

SEPTEMBER 12	SEPTEMBER 13	SEPTEMBER 25	SEPTEMBER 29
CONY DOG	VEGETABLE FRITTATA	BROCCOLI STUFFED CHICKEN	SPAETZLE
All beef hot dog topped with coney sauce and shredded cheese served with a bun.	Sauteed asparagus, onions, mushrooms and grape tomatoes covered with whisked eggs and baked.	Broccoli and cheese stuffed chicken lightly breaded.	Pan-seared dumplings seasoned with garlic, thyme and butter.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tuna Salad over Salad Greens Vegetable Pasta Salad Watermelon Roll w/ Butter
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Steak, Walnut & Bleu Cheese Salad Peaches Roll w/ Butter	8 Garden Salad Cheddar Cheese Cubes Apple Cinnamon Muffin
11 Cottage Cheese & Pineapple Plate Celery & Peanut Butter Banana Nut Muffin	12 Seafood Salad Stuffed Tomato Hard Boiled Eggs Cheddar Cheese Cubes	13 Corned Beef & Swiss w/ White Tomato & Cucumber Salad Applesauce	14 Creamy Chicken & Bacon Broccoli Salad Kale Almond Salad Corn Muffin	15 Peach, Blueberry & Almond Spinach Salad Pineapple Pistachio Ambrosia Watermelon Roll w/ Butter
18 Egg Salad w/ Wheat Creamy Cucumber Salad Applesauce Colby Cheese Stick	19 7 Layer Salad Cottage Cheese & Peaches Apricots Garlic Bread	20 Roast Beef Lettuce Wrap Macaroni Salad Sliced Apples	21 Roasted Tomato, Quinoa, Feta & Arugula Salad Corn Muffin	22 Turkey Salad w/ Wheat Swiss Cheese Cubes Clementine
25 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	26 Corn, Zucchini & Arugula Salad Three Bean Salad Watermelon	27 Turkey & Mozzarella Sandwich w/Pesto Aioli Roasted Zucchini Salad Mixed Fruit	28 Steak Cobb Salad Banana Nut Muffin w/ Butter	29 Thai Chicken Salad w/Peanuts Tropical Fruit Salad w/Coconut Fortune Cookie

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Meals marked with this symbol contain seafood/fish.

HIGHLIGHTING MENU ITEMS

SEPTEMBER 12	SEPTEMBER 15	SEPTEMBER 26	SEPTEMBER 28
SEAFOOD SALAD STUFFED TOMATO	PINEAPPLE PISTACHIO AMBROSIA	THREE BEAN SALAD	STEAK COBB SALAD
A mayo based seafood salad with shrimp and imitation crab served in a fresh tomato.	A delightfully light and fluffy salad made of pineapples, pistachios, creamy whipped topping and mini marshmallows.	Mix of green beans, kidney beans, wax beans in a sweet and tangy vinaigrette.	A twist on a classic containing romaine lettuce, hard boiled eggs, grape tomatoes, bacon bits, and bleu cheese topped with steak.