









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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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 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

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SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









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11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
CLOSED FOR LABOR DAY	NO MEAL DELIVERY	Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	Ham Salad w/Croissant Hard Boiled Eggs Watermelon
Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	BBQ Chicken Salad Pineapple Slaw Watermelon
Tuna Pasta Salad Pineapple Mandarin Oranges	Chicken Caesar Salad Italian Pasta Salad Apricots	Turkey & Swiss w/ Wheat Macaroni Salad Peaches	Moroccan Barley Salad Apricots Tropical Ambrosia	Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	Caprese Chicken Salad Pesto Pasta Salad Pears	Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









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				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









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11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









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Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

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Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	Caprese Chicken Salad Pesto Pasta Salad Pears	Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	Ranch Turkey Wrap Fruit Salad Goldfish

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SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD 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 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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(740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

Cancellations must be received by 11am, 2 business day in advance
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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Meals marked with this symbol contain seafood/fish.

HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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(740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
CLOSED FOR LABOR DAY	NO MEAL DELIVERY	Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	Ham Salad w/Croissant Hard Boiled Eggs Watermelon
Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	BBQ Chicken Salad Pineapple Slaw Watermelon
Tuna Pasta Salad Pineapple Mandarin Oranges	Chicken Caesar Salad Italian Pasta Salad Apricots	Turkey & Swiss w/ Wheat Macaroni Salad Peaches	Moroccan Barley Salad Apricots Tropical Ambrosia	Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	Caprese Chicken Salad Pesto Pasta Salad Pears	Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









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SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









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SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
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11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD 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 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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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 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD 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 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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(740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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(740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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(740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









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SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD 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 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

Cancellations must be received by 11am, 2 business day in advance
To order alternate meals, please call 2 business days in advance
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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Meals marked with this symbol are vegetarian.



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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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Meals marked with this symbol contain seafood/fish.

HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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Each meal comes with your selection of drink: Skim milk, 2% milk, low-fat chocolate milk, orange juice, apple juice.



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Meals marked with this symbol contain seafood/fish.

HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <div>BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini</div>
<div>4</div> <div>CLOSED FOR LABOR DAY</div>	<div>5</div> <div>NO MEAL DELIVERY</div>	<div>6</div> <div>Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots</div> <div></div>	<div>7</div> <div>Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine</div> <div></div>	<div>8</div> <div>Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter</div>
<div>11</div> <div>Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick</div>	<div>12</div> <div>Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend</div> <div></div>	<div>13</div> <div>Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend</div>	<div>14</div> <div>Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup</div>	<div>15</div> <div>Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn</div>
<div>18</div> <div>Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup</div> <div></div>	<div>19</div> <div>White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine</div> <div></div>	<div>20</div> <div>Caprese Chicken Baby Bakers Broccoli Garlic Breadstick</div>	<div>21</div> <div>Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter</div> <div></div>	<div>22</div> <div>Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn</div>
<div>25</div> <div>Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread</div>	<div>26</div> <div>Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine</div> <div></div>	<div>27</div> <div>BBQ Pulled Pork Sandwich Mac & Cheese Green Beans</div>	<div>28</div> <div>Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread</div>	<div>29</div> <div>Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup</div> <div></div>

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 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
CLOSED FOR LABOR DAY	NO MEAL DELIVERY	Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	Ham Salad w/Croissant Hard Boiled Eggs Watermelon
Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	BBQ Chicken Salad Pineapple Slaw Watermelon
Tuna Pasta Salad Pineapple Mandarin Oranges	Chicken Caesar Salad Italian Pasta Salad Apricots	Turkey & Swiss w/ Wheat Macaroni Salad Peaches	Moroccan Barley Salad Apricots Tropical Ambrosia	Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	Caprese Chicken Salad Pesto Pasta Salad Pears	Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
CLOSED FOR LABOR DAY	NO MEAL DELIVERY	Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	Ham Salad w/Croissant Hard Boiled Eggs Watermelon
Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	BBQ Chicken Salad Pineapple Slaw Watermelon
Tuna Pasta Salad Pineapple Mandarin Oranges	Chicken Caesar Salad Italian Pasta Salad Apricots	Turkey & Swiss w/ Wheat Macaroni Salad Peaches	Moroccan Barley Salad Apricots Tropical Ambrosia	Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	Caprese Chicken Salad Pesto Pasta Salad Pears	Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
CLOSED FOR LABOR DAY	NO MEAL DELIVERY	Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	Ham Salad w/Croissant Hard Boiled Eggs Watermelon
Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	BBQ Chicken Salad Pineapple Slaw Watermelon
Tuna Pasta Salad Pineapple Mandarin Oranges	Chicken Caesar Salad Italian Pasta Salad Apricots	Turkey & Swiss w/ Wheat Macaroni Salad Peaches	Moroccan Barley Salad Apricots Tropical Ambrosia	Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	Caprese Chicken Salad Pesto Pasta Salad Pears	Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









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SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD 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 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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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 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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(740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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(740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD 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 Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread	8 Ham Salad w/Croissant Hard Boiled Eggs Watermelon
11 Turkey & Swiss w/Wheat Ranch Potato Salad Fresh Cut Fruit	12 BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears	13 Tortellini Greek Pasta Salad Apricots Hummus w/ Pita Wedges	14 Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges	15 BBQ Chicken Salad Pineapple Slaw Watermelon
18 Tuna Pasta Salad Pineapple Mandarin Oranges	19 Chicken Caesar Salad Italian Pasta Salad Apricots	20 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	21 Moroccan Barley Salad Apricots Tropical Ambrosia	22 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
25 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit	26 Caprese Chicken Salad Pesto Pasta Salad Pears	27 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	28 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots	29 Ranch Turkey Wrap Fruit Salad Goldfish

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 7	SEPTEMBER 15	SEPTEMBER 21	SEPTEMBER 28
ROASTED VEGETABLE LENTIL SALAD	PINEAPPLE SLAW	MOROCCAN BARLEY SALAD	MEDITERRANEAN CHICKPEA SALAD
Roasted onions, sweet potato, carrots, zucchini and lentils served atop a bed of lettuce topped with feta cheese.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.	Sweet and savory spice blend give this salad full of carrots, onions, garbanzo beans, almonds, apricots and barley a Moroccan feel.	Garbanzo beans, red peppers, red onions, cucumbers, tomatoes, Kalamata olives and feta cheese tossed in Greek dressing.









NAME _____

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SEPTEMBER - HOT DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Coconut Lime Shrimp & Summer Veggies Over White Rice Malibu Vegetable Blend Peas Clementine 	8 Baked Spaghetti w/Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter
11 Tuscan Chicken Baby Bakers Italian Vegetable Blend Garlic Breadstick	12 Creamy Pesto Vegetable Tortellini Peas & Pearl Onions California Vegetable Blend 	13 Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend	14 Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup	15 Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn
18 Waffle w/Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup 	19 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine 	20 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	21 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter 	22 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
25 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	26 Vegetable Teriyaki w/Cashews Over Brown Rice Broccoli Vegetable Egg Roll Clementine 	27 BBQ Pulled Pork Sandwich Mac & Cheese Green Beans	28 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	29 Veggie Burger w/White Cheddar Roasted Redskin Potatoes Mixed Vegetables Guacamole Cup 

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 1	SEPTEMBER 13	SEPTEMBER 18	SEPTEMBER 26
BBQ CHICKEN GRAIN BOWL	HAWAIIAN PULLED PORK SANDWICH	POTATOES O'BRIEN	VEGETABLE TERIYAKI W/CASHEWS
Dry rubbed chicken, black beans, bell pepper and red onion served with a flavorful BBQ sauce.	BBQ pulled pork sandwich topped with a sweet pineapple ring and provolone cheese.	Red potatoes, onions, red and green bell peppers with a garlic herb sesoning.	Delicious blend of sauteed fresh vegetables seasoned with a teriyaki sauce and topped with cashews.

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