

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - HOT LOW SODIUM

Cancellations must be received by 11am, 2 business day in advance
 To order alternate meals, please call 2 business days in advance
 (740) 204-2434 or spnutrition@mysourcepoint.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Unstuffed Cabbage Roll Casserole Carrots Cornbread
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	7 Cheese Pizza Italian Stewed Chickpeas Creamy Zucchini 	8 Turkey & Summer Vegetable Pesto Quinoa Bowl Succotash Sauteed Super Greens
11 Meatloaf Roasted Redskin Potatoes Peas & Pearl Onions	12 Spinach & Mushroom Stuffed Shells Malibu Vegetable Blend Green Beans Garlic Bread 	13 Chicken Fajita Stuffed Pepper Seasoned Black Beans Corn	14 Sweet & Sour Pork w/ Peppers & Onions White Rice Midori Vegetable Blend Vegetarian Egg Roll	15 Dill Glazed Salmon Confetti Brown Rice Malibu Vegetable Blend Lima Beans
18 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Broccoli Mandarin Orange Jello 	19 Summer Seafood & Potato Bake Roasted Roma Tomatoes Kyoto Vegetable Blend 	20 Roasted Vegetable Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions 	21 Turkey Burger w/ Swiss & Caramelized Onions Succotash Green Beans	22 Teriyaki Pork, Mushroom & Zucchini Stir-Fry White Rice Far East Vegetable Blend Oriental Vegetable Blend
25 Pork Loin w/ Roasted Peach BBQ Sauce Sour Cream Mashed Potatoes Broccoli	26 Hamburger w/ Swiss Lettuce/Tomato/Onion Roasted Yukon Potatoes Corn	27 Caribbean Chicken Stir Fry Brown Rice Kyoto Vegetable Blend Green Beans Hawaiian Roll w/ Butter	28 Portobello Fajitas Seasoned Black Beans Corn 	29 Potato Crusted Tilapia Lemon Herb Rice Kyoto Vegetable Blend Wheat Roll w/ Butter

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 8	SEPTEMBER 15	SEPTEMBER 27
ITALIAN STEWED CHICKPEAS	TURKEY & SUMMER VEGGIE BOWL	CONFETTI BROWN RICE	CARIBBEAN CHICKEN STIR-FRY
Garbanzo beans, red bell peppers, red onion and tomatoes stewed in Italian herbs make this a new favorite.	Seasoned ground turkey, fresh zucchini, and basil pesto served atop tender cooked quinoa.	Brown rice cooked in savory vegetable stock and mixed with a medley of colorful diced peppers.	Lightly spiced chicken with a tropical flair served with brown rice.

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Roasted Vegetable Sandwich w/ Herbed Ricotta Mixed Fruit White Cheddar Popcorn
4 CLOSED FOR LABOR DAY	5 NO MEAL DELIVERY	6 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	7 Hawaiian BBQ Chicken Wrap Tropical Slaw Mandarin Oranges	8 Corn & Zucchini White Bean Salad w/ Sundried Tomato Vinaigrette Swiss Cheese Cubes Fresh Cut Fruit
11 Summer Quinoa Salad w/ Sunflower Seeds Swiss Cheese Cubes Pears	12 Chicken Salad Wrap Mixed Fruit Goldfish	13 Turkey Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Watermelon Tortilla Chips	14 Tuna Pasta Salad Tropical Ambrosia Tomato Wedges Clementine	15 Mozzarella, Tomato & Chickpea Salad Hard Boiled Eggs Peaches Sliced Apples
18 Summer Chicken BLT Salad Fruit Salad Strawberry Chex Mix	19 Black Bean Taco Dip Watermelon Mandarin Oranges Tortilla Chips	20 Dilled Pasta Salad w/ Bay Shrimp Hard Boiled Eggs Tropical Fruit Salad w/ Coconut	21 Roast Beef & Swiss w/ Wheat Ranch Potato Salad Mixed Fruit	22 Cottage Cheese & Pineapple Plate Celery & Peanut Butter Banana Muffin Trail Mix
25 Turkey & Swiss Wrap Tomato Wedges Ambrosia	26 Asparagus, Egg, Bacon & Walnut Salad Swiss Cheese Cubes Grapes	27 Summer Vegetable Salad Potato Salad Fresh Fruit	28 Tuna Salad over Salad Greens Mandarin Oranges Pears Strawberry Chex Mix	29 Mexican Salad Tropical Fruit Salad w/ Coconut Pineapple Mango Salsa Tortilla Chips

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 11	SEPTEMBER 18	SEPTEMBER 20	SEPTEMBER 27
SUMMER QUINOA SALAD	SUMMER CHICKEN BLT SALAD	DILL PASTA SALAD W/SHRIMP	SUMMER VEGETABLE SALAD
Quinoa, cucumbers, peppers, dried cranberries, garbanzo beans and crunchy sunflower seeds tossed in a honey dijon vinaigrette.	Your favorite BLT, but in salad form. Fresh romaine lettuce and grape tomatoes mixed with bacon bits, hardboiled eggs and topped with chicken and ranch dressing.	Classic pasta salad with celery, red onion and shrimp garnished with fresh dill.	Bed of romaine lettuce topped with a marinated blend of cucumber, cauliflower, tomatoes, bell peppers, carrots and goat cheese.