

NAME _____

SourcePoint Meals on Wheels Program

OCTOBER - HOT CARB CONTROLLED

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Hamburger w/ American Lettuce/Tomato/Onion Green Beans Coleslaw</div>	<div>3</div> <div>Loaded Mexican Sweet Potato Creamy Mexican Squash Broccoli</div> <div></div>	<div>4</div> <div>Peanut Tofu over Cauliflower Stir Fry Rice Far East Vegetable Blend Vegetable Spring Roll</div> <div></div>	<div>5</div> <div>Pork Loin w/ Savory Peach Sauce Baby Baker Potatoes Succotash</div>	<div>6</div> <div>Hawaiian Turkey Meatballs White Rice Maui Vegetable Blend Hawaiian Roll w/ Butter</div>
<div>9</div> <div>BBQ Beef Scalloped Potatoes Sauteed Super Greens</div>	<div>10</div> <div>Caprese Chicken w/ Bacon Baby Baker Potatoes Malibu Vegetable Blend Garlic Breadstick</div>	<div>11</div> <div>Veggie Stuffed Portobello Mixed Vegetables Cornbread</div> <div></div>	<div>12</div> <div>Baked Cod w/ Lemon Cream Sauce Tri-Colored Potatoes Spinach</div> <div></div>	<div>13</div> <div>Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Kyoto Vegetable Blend Midori Vegetable Blend</div>
<div>16</div> <div>Cheesesteak Stuffed Pepper Herb Roasted Redskin Potatoes Malibu Vegetable Blend Garlic Breadstick</div>	<div>17</div> <div>Ratatouille Stuffed Zucchini Roasted Sweet Potatoes Sauteed Super Greens Roll w/ Butter</div> <div></div>	<div>18</div> <div>Lasagna Roll Ups w/ Red Pepper Sauce Sauteed Onions, Mushrooms & Green Beans California Vegetable Blend Garlic Bread</div> <div></div>	<div>19</div> <div>Mushroom, Spinach, Leek & Bacon Frittata Potatoes O'Brien Stewed Tomatoes Sliced Apples</div>	<div>20</div> <div>Garlic Chicken Stir Fry Asian Rice Midori Vegetable Blend Far East Vegetable Blend</div>
<div>23</div> <div>Roast Pork Loin w/ Gravy Scalloped Potatoes Carrots</div>	<div>24</div> <div>Coney Dog w/ Bun Corn Malibu Vegetable Blend</div>	<div>25</div> <div>Vegetable Frittata Tri-Colored Potatoes Spinach Cornbread</div> <div></div>	<div>26</div> <div>Summer Veggie Pot Pie Broccoli Green Beans</div> <div></div>	<div>27</div> <div>Turkey Burger w/ Caramelized Onions & Mushrooms Roasted Roma Tomatoes Mixed Vegetables</div>
<div>30</div> <div>Meatloaf Roasted Yukon Potatoes Green Beans</div>	<div>31</div> <div>Turkey Burger w/ White Cheddar & Tomato Jam Summer Roasted Vegetables White Cheddar Popcorn</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

OCTOBER 11	OCTOBER 13	OCTOBER 19	OCTOBER 25
VEGGIE STUFFED PORTOBELLO	PORK MEATBALLS W/COCONUT SAUCE	POTATOES O'BRIEN	VEGETABLE FRITTATA
Tender portobello mushroom stuffed with a medley of roasted vegetables seasoned with pesto and parmesan cheese.	Pork meatballs simmered in a sweet and savory sauce made with coconut milk.	Red potatoes, onions, red and green bell peppers with a garlic herb seasoning.	Sauteed asparagus, onions, mushrooms and grape tomatoes covered with whisked eggs and baked.

SourcePoint Meals on Wheels Program

OCTOBER - COLD CARB CONTROLLED

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears</div> <div></div>	<div>3</div> <div>Shrimp Avocado Mango Salad Cheddar Cheese Cubes Mandarin Oranges</div> <div></div>	<div>4</div> <div>Chicken Salad w/ Croissant Clementine Goldfish</div>	<div>5</div> <div>Asian Salad w/ Peanuts Tropical Ambrosia Fortune Cookie Mandarin Orange Cup</div> <div></div>	<div>6</div> <div>Steak, Blueberry & Pecan Spinach Salad Cottage Cheese Peaches</div>
<div>9</div> <div>Chopped Mexican Salad Watermelon Tortilla Chips & Guacamole</div> <div></div>	<div>10</div> <div>Turkey w/ Wheat Herby Cauliflower & Chickpea Salad Peaches</div>	<div>11</div> <div>Ham Salad w/ Croissant Swiss Cheese Cubes Tomato Wedges</div>	<div>12</div> <div>Italian Chopped Salad Apricots Garlic Bread</div> <div></div>	<div>13</div> <div>Tuna Salad over Salad Greens Veggie Pasta Salad Watermelon Roll w/ Butter</div> <div></div>
<div>16</div> <div>Bagel w/ Cream Cheese Blueberry Granola Yogurt Hard Boiled Eggs Sliced Apples</div> <div></div>	<div>17</div> <div>Turkey Club Sandwich Apricots Tropical Fruit</div>	<div>18</div> <div>Chicken Caesar Salad Three Bean Salad Mixed Fruit</div>	<div>19</div> <div>Steak, Walnut & Bleu Cheese Salad Peaches Roll w/ Butter</div>	<div>20</div> <div>Garden Salad Cheddar Cheese Cubes Apple Cinnamon Muffin</div> <div></div>
<div>23</div> <div>Cottage Cheese & Pineapple Plate Celery w/ Peanut Butter Banana Nut Muffin w/ Butter</div> <div></div>	<div>24</div> <div>Seafood Salad Stuffed Tomato Hard Boiled Eggs Cheddar Cheese Cubes</div> <div></div>	<div>25</div> <div>Corned Beef & Swiss w/ White Tomato & Cucumber Salad Applesauce</div>	<div>26</div> <div>Creamy Chicken & Bacon Broccoli Salad Kale Almond Salad Corn Muffin</div>	<div>27</div> <div>Peach, Blueberry & Almond Spinach Salad Pineapple Pistachio Ambrosia Watermelon Roll w/ Butter</div> <div></div>
<div>30</div> <div>Egg Salad w/ Wheat Creamy Cucumber Salad Applesauce Colby Cheese Stick</div> <div></div>	<div>31</div> <div>Seven Layer Salad Cottage Cheese & Peaches Apricots Garlic Bread</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

OCTOBER 3	OCTOBER 12	OCTOBER 20	OCTOBER 24
SHRIMP AVOCADO MANGO SALAD	ITALIAN CHOPPED SALAD	GARDEN SALAD	SEAFOOD SALAD STUFFED TOMATO
A bright salad of lettuce, mango, pineapple, red onion, avocado and shrimp dressed with lime juice, cumin and cilantro.	A delicious salad comprised of red onion, grape tomatoes, yellow peppers, garbanzo beans, lettuce, rainbow kale and artichoke hearts topped with mozzarella cheese.	A simple garden salad with shredded carrots, red cabbage, grape tomatoes and cucumbers, served with croutons and dressing.	A mayo based seafood salad with shrimp and imitation crab served in a fresh tomato.