

NAME _____

SourcePoint Meals on Wheels Program

OCTOBER - 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
<div>2</div> <div>Tex-Mex Chicken & Zucchini Bake Corn Pudding Bake Green Beans</div>	<div>3</div> <div>Cheese Lasagna Roll-Up w/ Red Pepper Cream Sauce Parmesan Veggie Casserole Italian Vegetable Blend</div> <div></div>	<div>4</div> <div>Grilled Salmon w/ Pineapple Salsa Coconut Rice Far East Vegetable Blend Hawaiian Roll w/ Butter</div> <div></div>	<div>5</div> <div>Turkey Tetrazzini Carrots Roasted Roma Tomatoes</div>	<div>6</div> <div>Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Country Apples</div>
<div>9</div> <div>Turkey Chili Stuffed Sweet Potato Broccoli Corn</div>	<div>10</div> <div>Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Pear Cup</div> <div></div>	<div>11</div> <div>Meatloaf Baby Baker Potatoes Green Beans</div>	<div>12</div> <div>Pork & Pineapple Teriyaki White Rice Midori Vegetable Blend Far East Vegetable Blend</div>	<div>13</div> <div>BBQ Chicken Grain Bowl Roasted Roma Tomatoes Roasted Zucchini</div>
<div>16</div> <div>Bourbon Glazed Chicken Mashed Yukon Potatoes Sauteed Mushrooms, Onions & Green Beans</div>	<div>17</div> <div>Indian Butter Cauliflower & Chickpeas White Rice Peas</div> <div></div>	<div>18</div> <div>Southwest Turkey Rice Casserole Mexican Street Corn Roasted Zucchini</div>	<div>19</div> <div>Coconut Lime Shrimp w/ Summer Veggies over White Rice Malibu Vegetable Blend Peas Clementine</div> <div></div>	<div>20</div> <div>Spaghetti w/ Mini Meatballs Italian Vegetable Blend Peas & Carrots Roll w/ Butter</div>
<div>23</div> <div>Tuscan Chicken Baby Bakers Potatoes Italian Vegetable Blend Garlic Breadstick</div>	<div>24</div> <div>Creamy Pesto Veggie Tortellini Peas & Pearl Onions California Vegetable Blend</div> <div></div>	<div>25</div> <div>Hawaiian Pulled Pork Sandwich Sauteed Super Greens Maui Vegetable Blend</div>	<div>26</div> <div>Roast Turkey w/ Gravy Sour Cream Mashed Potatoes Green Bean Casserole Mandarin Orange Jello Cup</div>	<div>27</div> <div>Hamburger w/ American Lettuce/Tomato/Onion Baked Beans Corn</div>
<div>30</div> <div>Waffle w/ Blueberries Potatoes O'Brien Cinnamon Spiced Peaches Yogurt Cup</div> <div></div>	<div>31</div> <div>White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Clementine</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

OCTOBER 6	OCTOBER 10	OCTOBER 25	OCTOBER 30
COUNTRY APPLES	ITALIAN STEWED CHICKPEAS	SAUTEED SUPER GREENS	POTATOES O'BRIEN
Fresh apples seasoned with cinnamon and sugar and cooked to perfection.	Garbanzo beans, red bell peppers, red onion and tomatoes stewed in Italian herbs make this a great new fall favorite.	Sauteed shredded kale, broccoli, brussels sprouts, and cabbage with garlic and onion.	Diced potatoes, onion, peppers, and a savory herb seasoning.

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OCTOBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Flaked Salmon Salad Greek Pasta Salad Mandarin Oranges Wheat Crackers</div> <div></div>	<div>3</div> <div>Chef Salad Pears</div>	<div>4</div> <div>Roast Beef & Provolone w/ Wheat Kale Almond Salad Ambrosia</div>	<div>5</div> <div>Tomato, Cucumber & Spinach Sandwich Mixed Fruit Strawberry Chex Mix</div> <div></div>	<div>6</div> <div>Pesto Chickpea Veggie Salad Peaches Fresh Cut Fruit Flatbread</div> <div></div>
<div>9</div> <div>Ham & Swiss w/ Rye Tomato Wedges Fresh Cut Fruit</div>	<div>10</div> <div>Beef Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Watermelon</div>	<div>11</div> <div>Curried Chicken Salad w/ Almonds Cucumber Salad Tropical Fruit Salad w/ Coconut Flatbread</div>	<div>12</div> <div>Chipotle Lime Bean Salad Cheddar Cheese Cubes Mandarin Oranges Baked Tortilla Chips & Salsa</div> <div></div>	<div>13</div> <div>Italian Tortellini Pasta Salad Corn & Tomato Salad Peaches Garlic Breadstick</div> <div></div>
<div>16</div> <div>Tuna Salad & Provolone w/ Wheat Carrot Raisin Salad Pears</div> <div></div>	<div>17</div> <div>Citrus Chicken Salad w/ Almonds on a Croissant Cottage Cheese Peaches</div>	<div>18</div> <div>Roast Beef & Cheddar w/ Wheat Bacon Pea Ranch Salad Peaches</div>	<div>19</div> <div>Roasted Veggie Lentil Salad Apricots Grapes Flatbread</div> <div></div>	<div>20</div> <div>Ham Salad w/ Croissant Hard Boiled Eggs Watermelon</div>
<div>23</div> <div>Turkey & Swiss w/ Wheat Ranch Potato Salad Fresh Cut Fruit</div>	<div>24</div> <div>BLT Sandwich Broccoli Raisin Salad w/ Sunflower Seeds Pears</div>	<div>25</div> <div>Tortellini Greek Pasta Salad Apricots Pita Wedges & Hummus Cup</div> <div></div>	<div>26</div> <div>Thai Cashew Coconut Rice Bowl w/ Ginger Peanut Sauce Tropical Fruit Mandarin Oranges</div> <div></div>	<div>27</div> <div>BBQ Chicken Salad Pineapple Slaw Watermelon</div>
<div>30</div> <div>Tuna Pasta Salad Pineapple Mandarin Oranges</div> <div></div>	<div>31</div> <div>Chicken Caesar Salad Italian Pasta Salad Apricots</div>			

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HIGHLIGHTING MENU ITEMS

OCTOBER 4	OCTOBER 11	OCTOBER 12	OCTOBER 27
AMBROSIA	CURRIED CHICKEN SALAD	CHIPOTLE LIME BEAN SALAD	PINEAPPLE SLAW
A delightful, light and fluffy salad with mixed fruit, creamy whipped topping and mini marshmallows.	Creamy chicken salad with a hint of spice served atop a bed of lettuce and topped with slivered almonds.	Blend of navy, kidney and black beans, bell peppers, tomatoes, onions, and corn in a tangy, creamy lime sauce.	Pineapple tidbits give this sweet and savory coleslaw a delicious twist on the usual flavor.