

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

OCTOBER - 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
<div>2</div> <div>Quinoa &amp; Veggie Stuffed Peppers w/ Feta Stewed Tomatoes Succotash Garlic Breadstick</div> <div></div>	<div>3</div> <div>Sloppy Joe w/ Bun Roasted Yukon Potatoes Broccoli</div>	<div>4</div> <div>Bacon, Asparagus &amp; Leek Quiche Roasted Redskin Potatoes Roasted Roma Tomatoes</div>	<div>5</div> <div>Seared Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Green Beans</div> <div></div>	<div>6</div> <div>Seared Lemon Chicken Mushroom Brown Rice Roasted Asparagus, Onions &amp; Grape Tomatoes Breadstick w/ Butter</div>
<div>9</div> <div>Roasted Veggie Pasta California Vegetable Blend Peas</div> <div></div>	<div>10</div> <div>Pork Loin w/ Creamy Garlic &amp; Spinach Sauce Mashed Redskin Potatoes Green Beans</div>	<div>11</div> <div>Southwest Vegan Bowl Roasted Roma Tomatoes Malibu Vegetable Blend Hawaiian Roll w/ Butter</div> <div></div>	<div>12</div> <div>Baked Honey Mustard Chicken Herbed Wild Rice Key West Vegetable Blend Peach Cup</div>	<div>13</div> <div>Unstuffed Cabbage Roll Carrots Cornbread</div>
<div>16</div> <div>Pulled Pork Sandwich Corn Pudding Bake Green Beans</div>	<div>17</div> <div>Grilled Salmon w/ Pineapple &amp; Black Bean Salsa Cilantro Rice Creamy Mexican Squash Maui Vegetable Blend</div> <div></div>	<div>18</div> <div>Caprese Stuffed Portobello Baby Baker Potatoes Cauliflower Roll w/ Butter</div> <div></div>	<div>19</div> <div>Cheese Pizza Italian Stewed Chickpeas Creamy Zucchini</div> <div></div>	<div>20</div> <div>Turkey &amp; Summer Veggie Pesto Quinoa Bowl Succotash Sauteed Super Greens</div>
<div>23</div> <div>Meatloaf Roasted Redskin Potatoes Peas &amp; Pearl Onions</div>	<div>24</div> <div>Spinach &amp; Mushroom Stuffed Shells Malibu Vegetable Blend Green Beans Garlic Bread</div> <div></div>	<div>25</div> <div>Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn</div>	<div>26</div> <div>Sweet &amp; Sour Pork w/ Peppers &amp; Onions White Rice Midori Vegetable Blend Vegetarian Spring Roll</div>	<div>27</div> <div>Dill Glazed Salmon Confetti Brown Rice Malibu Vegetable Blend Lima Beans</div> <div></div>
<div>30</div> <div>BBQ Chickpea &amp; Quinoa Bowl Roasted Zucchini Broccoli Mandarin Orange Jello Cup</div> <div></div>	<div>31</div> <div>Summer Seafood &amp; Potato Bake Roasted Roma Tomatoes Kyoto Vegetable Blend</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 4	OCTOBER 11	OCTOBER 16	OCTOBER 30
BACON, ASPARAGUS & LEEK QUICHE	SOUTHWEST VEGAN BOWL	PULLED PORK SANDWICH	BBQ CHICKPEA & QUINOA BOWL
Egg pie with crispy bacon, tender asparagus and leeks.	Sweet potatoes, black beans, lentils and brown rice tossed in a red wine vinaigrette.	Slow roasted pork butt that's been shredded, tossed in BBQ sauce and served on a bun.	Chickpeas tossed in BBQ sauce served with quinoa and a medley of veggies including peppers, red onion and corn.

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OCTOBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Turkey Salad Swiss Cheese Cubes Tomato Wedges Mixed Fruit Cup</div>	<div>3</div> <div>Chicken Italian Caesar Wrap Grapes Clementine</div>	<div>4</div> <div>Egg Salad w/ Wheat Chopped Veggie Pesto Salad Fresh Cut Fruit</div> <div></div>	<div>5</div> <div>Beef &amp; Summer Veggie Salad Mixed Fruit Wheat Crackers</div>	<div>6</div> <div>Beet &amp; Mandarin Orange Salad Hard Boiled Eggs Pears Roll w/ Butter</div> <div></div>
<div>9</div> <div>Greek Chicken &amp; Grain Salad Carrots &amp; Broccoli Roasted Red Pepper Hummus</div>	<div>10</div> <div>Vanilla Yogurt Parfait Blueberry Muffin w/ Butter Diced Peach Cup</div> <div></div>	<div>11</div> <div>Strawberry Pecan Salmon Salad Vanilla Yogurt Pears Whole Grain Banana Muffin</div> <div></div>	<div>12</div> <div>Caprese Steak Salad Fruit Salad Apricots</div>	<div>13</div> <div>Roasted Veggie Sandwich w/ Herbed Ricotta on Wheat Mixed Fruit White Cheddar Popcorn</div> <div></div>
<div>16</div> <div>Mediterranean Grain Bowl Fresh Cut Fruit Pears</div> <div></div>	<div>17</div> <div>Southwest Salad w/ Beef Watermelon</div>	<div>18</div> <div>BLT Salad Fruit Salad Trail Mix</div>	<div>19</div> <div>Hawaiian BBQ Chicken Wrap Tropical Slaw Mandarin Oranges</div>	<div>20</div> <div>Corn, Zucchini &amp; White Bean Salad Swiss Cheese Cubes Fresh Cut Fruit</div> <div></div>
<div>23</div> <div>Summer Quinoa Salad w/ Sunflower Seeds Swiss Cheese Cubes Pears</div> <div></div>	<div>24</div> <div>Chicken Salad Wrap Mixed Fruit Goldfish</div>	<div>25</div> <div>Turkey Taco Salad Roasted Sweet Potato, Corn &amp; Black Bean Salad Watermelon Tortilla Chips</div>	<div>26</div> <div>Tuna Pasta Salad Tropical Ambrosia Tomato Wedges Clementine</div> <div></div>	<div>27</div> <div>Mozzarella, Tomato &amp; Chickpea Salad Hard Boiled Eggs Peaches Sliced Apples</div> <div></div>
<div>30</div> <div>Summer Chicken BLT Salad Fruit Salad Strawberry Chex Mix</div>	<div>31</div> <div>Black Bean Taco Dip Watermelon Mandarin Oranges Tortilla Chips</div> <div></div>			

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HIGHLIGHTING MENU ITEMS

OCTOBER 6	OCTOBER 10	OCTOBER 18	OCTOBER 26
BEET & MANDARIN ORANGE SALAD	VANILLA YOGURT PARFAIT	FRUIT SALAD	TUNA PASTA SALAD
A bright salad of beets, mandarin oranges, red onion, hard boiled eggs and crisp spring mix served with a delightful raspberry vinaigrette and feta cheese.	Creamy vanilla yogurt topped with Michigan fruit blend served with a side of crunchy granola and whipped cream.	A medley of fresh fruit tossed in vanilla yogurt.	Your favorite tuna salad made with mayo, red onion, green peas, celery, cheddar cheese and dijon mustard with a surprise; macaroni!