

MONTHLY MEAL SELECTION

Sourcepoint Meals On Wheels Program
740-203-2434
spnutrition@mysourcepoint.org

NEW POLICY: Please cancel no later than
11:00 a.m. 2 days prior to delivery.
To order alternate meals, call
2 business days in advance.

October 2023		Select ONE noon meal per day and ONE evening meal									
		HOT DAILY					COLD DAILY				
SERVICE DATE		Regular	Low Sodium	Carb Control			Regular	Low Sodium	Carb Control		
Mon. 10/2/23											
Tue. 10/3/23											
Wed. 10/4/23											
Thu. 10/5/23											
Fri. 10/6/23											
Mon. 10/9/23											
Tue. 10/10/23											
Wed. 10/11/23											
Thu. 10/12/23											
Fri. 10/13/23											
Mon. 10/16/23											
Tue. 10/17/23											
Wed. 10/18/23											
Thu. 10/19/23											
Fri. 10/20/23											
Mon. 10/23/23											
Tue. 10/24/23											
Wed. 10/25/23											
Thu. 10/26/23											
Fri. 10/27/23											
Mon. 10/30/23											
Tue. 10/31/23											