










NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**NOVEMBER - 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
		1 Cauliflower & Chickpea Curry Cilantro Rice Carrots 	2 BBQ Pulled Pork Mac & Cheese Sautéed Super Greens	3 Tuna Melt Stuffed Pepper Key West Vegetable Blend Cornbread 
6 Broccoli Stuffed Chicken Sour Cream Mashed Potatoes Mixed Vegetables Roll w/ Butter	7 Fish Sandwich w/ Bun California Vegetable Blend Sautéed Onions, Mushrooms & Green Beans 	8 Thai Lemongrass Vegetable Curry Brown Rice Thai Vegetable Potstickers Far East Vegetable Blend 	9 Pork Tinga w/ Queso Fresca Corn & Black Beans Roasted Zucchini Tortillas	10 Corned Beef & Steamed Cabbage Spatzle Carrots Applesauce Cup
13 Hamburger w/ American & Bun Green Beans Lettuce/Tomato/Onion Coleslaw	14 Loaded Mexican Sweet Potato Creamy Mexican Squash Broccoli 	15 Peanut Tofu & Cauliflower Rice Stir Fry Far East Vegetable Blend Vegetable Spring Roll 	16 Pork Loin w/ Savory Peach Sauce Baby Bakers Succotash	17 Hawaiian Turkey Meatballs White Rice Maui Vegetable Blend Hawaiian Roll w/ Butter
20 BBQ Beef Scalloped Potatoes Sautéed Super Greens	21 Caprese Chicken w/ Bacon Baby Bakers Malibu Vegetable Blend Garlic Breadstick	22 Vegetable Stuffed Portobello Mixed Vegetables Cornbread 	23 <b>CLOSED FOR THANKSGIVING</b>	24 <b>CLOSED NO MEAL DELIVERY</b>
27 <b>NO MEAL DELIVERY</b>	28 Manicotti w/ Marinara California Vegetable Blend Peas & Pearl Onions 	29 Lasagna Roll Up w/ Red Pepper Cream Sauce Onions, Mushrooms & Green Beans California Vegetable Blend Garlic Bread 	30 Mushroom, Spinach, Leek & Bacon Frittata Potatoes O'Brien Stewed Tomatoes Apple Slices	

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**

NOVEMBER 6	NOVEMBER 10	NOVEMBER 20	NOVEMBER 30
<b>BROCCOLI STUFFED CHICKEN</b>	<b>SPAETZLE</b>	<b>SAUTEED SUPER GREENS</b>	<b>POTATOES O'BRIEN</b>
Broccoli and cheese stuffed chicken lightly breaded.	Pan-seared dumpling seasoned with garlic, thyme and butter.	Sautéed shredded kale, broccoli, brussels sprouts, and cabbage with garlic and onion.	Diced potatoes, onion, peppers, and a savory herb seasoning.

## SourcePoint Meals on Wheels Program

# NOVEMBER - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Roast Beef Lettuce Wrap Macaroni Salad Apple Slices	<b>2</b> Roasted Tomato, Quinoa & Arugula Salad Corn Muffin 	<b>3</b> Turkey Salad w/ Wheat Swiss Cheese Cubes Clementine
<b>6</b> Guacamole Vegetable Sandwich w/ Wheat Cheddar Cheese Cubes Applesauce 	<b>7</b> Corn, Zucchini & Arugula Salad Three Bean Salad Watermelon 	<b>8</b> Turkey & Mozzarella Sandwich w/ Pesto Aioli & Wheat Roasted Zucchini Salad Mixed Fruit	<b>9</b> Steak Cobb Salad Banana Nut Muffin	<b>10</b> Thai Chicken Salad w/ Peanuts Tropical Fruit Salad w/ Coconut Fortune Cookie
<b>13</b> Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears 	<b>14</b> Shrimp Avocado Mango Salad Cheddar Cheese Cubes Mandarin Oranges 	<b>15</b> Chicken Salad w/ Croissant Clementine Goldfish	<b>16</b> Asian Salad w/ Peanuts Tropical Ambrosia Fortune Cookie Mandarin Orange Cup 	<b>17</b> Steak, Blueberry & Pecan Salad Cottage Cheese Peaches
<b>20</b> Chopped Mexican Salad Watermelon Tortilla Chips & Guacamole 	<b>21</b> Turkey, Lettuce & Tomato w/ Wheat Herby Cauliflower & Chickpea Salad Peaches	<b>22</b> Ham Salad w/ Croissant Swiss Cheese Cubes Tomato Wedges	<b>23</b> <b>CLOSED FOR THANKSGIVING</b>	<b>24</b> <b>CLOSED NO MEAL DELIVERY</b>
<b>27</b> <b>NO MEAL DELIVERY</b>	<b>28</b> Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	<b>29</b> Chicken Caesar Salad Three Bean Salad Mixed Fruit 	<b>30</b> Steak, Walnut & Bleu Cheese Salad Peaches Roll w/ Butter	

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### HIGHLIGHTING MENU ITEMS

NOVEMBER 6	NOVEMBER 9	NOVEMBER 14	NOVEMBER 20
<b>GUACAMOLE VEGGIE SANDWICH</b>	<b>STEAK COBB SALAD</b>	<b>SHRIMP AVOCADO MANGO SALAD</b>	<b>CHOPPED MEXICAN SALAD</b>
Tomato, red onion, cucumber and lettuce served with wheat bread and guacamole for a light summer lunch.	A twist on a classic containing romaine lettuce, hard boiled eggs, grape tomatoes, bacon bits, and bleu cheese topped with steak.	A bright salad of lettuce, mango, pineapple, red onion, avocado and shrimp dressed with lime juice, cumin and cilantro.	Romaine lettuce topped with black beans, corn, bell peppers, Jicama, and cheese tossed with a garlic honey lime dressing.