

NAME _____

SourcePoint Meals on Wheels Program

NOVEMBER - 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
		1 Caprese Chicken Baby Bakers Broccoli Garlic Breadstick	2 Potato Crusted Tilapia Lemon Herb Rice Key West Vegetable Blend Roll w/ Butter	3 Beef Hot Dog w/ Bun Roasted Yukon Potatoes Corn
6 Beef Lasagna Peas & Carrots Italian Vegetable Blend Garlic Bread	7 Vegetable Teriyaki w/ Cashews & Brown Rice Broccoli Vegetable Egg Roll Clementine	8 BBQ Pulled Pork w/ Bun Mac & Cheese Green Beans	9 Fried Chicken Leg Roasted Redskin Potatoes Succotash Cornbread	10 Veggie Burger w/ White Cheddar, Guacamole & Bun Roasted Redskin Potatoes Mixed Vegetables
13 TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans	14 Cheese Lasagna Roll Up w/ Red Pepper Cream Sauce Parmesan Veggie Casserole Italian Vegetable Blend	15 Grilled Salmon w/ Pineapple Salsa Coconut Rice Far East Vegetable Blend Hawaiian Roll w/ Butter	16 Turkey Tetrazzini Carrots Roasted Roma Tomatoes	17 Sliced Bratwurst w/ Sauerkraut Roasted Redskin Potatoes Country Apples
20 Turkey Chili Stuffed Sweet Potato Broccoli Corn	21 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Pear Cup	22 Meatloaf Baby Bakers Green Beans	23 CLOSED FOR THANKSGIVING	24 CLOSED NO MEAL DELIVERY
27 NO MEAL DELIVERY	28 Manicotti w/ Marinara California Vegetable Blend Peas & Pearl Onions	29 Southwest Turkey Rice Casserole Mexican Street Corn Roasted Zucchini	30 Coconut Lime Shrimp w/ Vegetables & White Rice Malibu Vegetable Blend Peas Clementine	

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 1	NOVEMBER 7	NOVEMBER 17	NOVEMBER 21
CAPRESE CHICKEN	VEGETABLE TERIYAKI W/ CASHEWS	COUNTRY APPLES	ITALIAN STEWED CHICKPEAS
Tender chicken topped with provolone cheese, and pesto tomatoes.	Colorful medley of peppers, broccoli, squash, mushrooms, zucchini, onions, sugar snap peas, carrots, crunchy cashews tossed with a delicious teriyaki sauce and served over rice.	Fresh cooked apples seasoned with cinnamon and sugar. A delicious seasonal way to enjoy fall apples.	Garbanzo beans, red bell peppers, red onion and tomatoes stewed in Italian herbs.

SourcePoint Meals on Wheels Program

NOVEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey & Swiss w/ Wheat Macaroni Salad Peaches	2 Moroccan Barley Salad Apricots Tropical Ambrosia 	3 Summer Corn, Tomato & White Bean Salad Fresh Cut Fruit Corn Muffin
6 Egg Salad w/ Croissant Three Bean Salad Mixed Fruit 	7 Caprese Chicken Salad Pesto Pasta Salad Pears	8 Beef & Bleu Salad Mixed Fruit Mandarin Oranges Roll w/ Butter	9 Mediterranean Chickpea Salad Hard Boiled Eggs Apricots 	10 Ranch Turkey Wrap Fruit Salad Goldfish
13 Flaked Salmon Salad Greek Pasta Salad Mandarin Oranges Wheat Crackers 	14 Chef Salad Pears	15 Roast Beef & Provolone w/ Wheat Kale Almond Salad Ambrosia	16 Tomato, Cucumber & Spinach Sandwich w/ Herbed Cream Cheese on Wheat Mixed Fruit Strawberry Chex Mix 	17 Pesto Chickpea Vegetable Salad Peaches Fresh Cut Fruit Flatbread
20 Ham & Swiss w/ Rye Tomato Wedges Fresh Cut Fruit	21 Beef Taco Salad Roasted Sweet Potatoes, Corn & Black Bean Salad Watermelon	22 Curried Chicken Salad w/ Almonds Cucumber Salad Tropical Fruit Salad w/ Coconut Flatbread	23 CLOSED FOR THANKSGIVING	24 CLOSED NO MEAL DELIVERY
27 NO MEAL DELIVERY	28 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	29 Roast Beef & Cheddar w/ Wheat Bacon Pea Ranch Salad Peaches	30 Roasted Vegetable Lentil Salad Apricots Grapes Flatbread 	

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HIGHLIGHTING MENU ITEMS

NOVEMBER 6	NOVEMBER 9	NOVEMBER 14	NOVEMBER 30
THREE BEAN SALAD	MEDITERRANEAN CHICKPEA SALAD	CHEF SALAD	ROASTED VEGETABLE LENTIL SALAD
Sweet and sour marinade gives this trio of green beans, wax beans and dark kidney beans its tangy flavor.	Garbanzo beans, red peppers, red onion, cucumbers, tomatoes, Kalamata olives, feta cheese tossed in Greek dressing.	Enjoy this classic favorite! Hard boiled eggs, ham, turkey, tomatoes, and cheese on a bed of crisp lettuce.	Roasted onions, sweet potatoes, carrots, zucchini and lentils served on a bed of lettuce and topped with feta cheese.