

NAME _____

SourcePoint Meals on Wheels Program

NOVEMBER - 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
		1 Roasted Vegetable Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions	2 Turkey Burger w/ Swiss, Caramelized Onions & Bun Succotash Green Beans	3 Teriyaki Pork, Mushroom & Zucchini Stir Fry White Rice Far East Vegetable Blend Oriental Vegetable Blend
6 BBQ Pork Loin w/ Peach BBQ Sauce Sour Cream Mashed Potatoes Broccoli	7 Hamburger w/ Swiss & Bun Lettuce/Tomato/Onion Roasted Yukon Potatoes Corn	8 Caribbean Chicken Stir Fry Brown Rice Kyoto Vegetable Blend Green Beans Hawaiian Roll w/ Butter	9 Portobello Fajitas w/ Tortillas Seasoned Black Beans Corn Guacamole	10 Potato Crusted Tilapia Lemon Herb Rice Kyoto Vegetable Blend Roll w/ Butter
13 Quinoa & Veggie Stuffed Pepper Stewed Tomatoes Succotash Garlic Breadstick	14 Sloppy Joe w/ Bun Roasted Yukon Potatoes Broccoli	15 Bacon, Asparagus & Leek Quiche Roasted Redskin Potatoes Roasted Roma Tomatoes	16 Seared Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Green Beans	17 Seared Lemon Chicken Mushroom Brown Rice Roasted Asparagus, Onions & Grape Tomatoes Breadstick w/ Butter
20 Roasted Vegetable Pasta California Vegetable Blend Peas	21 Pork Loin w/ Creamy Garlic & Spinach Sauce Mashed Redskin Potatoes Green Beans	22 Southwest Vegan Bowl Roasted Roma Tomatoes Malibu Vegetable Blend Hawaiian Roll w/ Butter	23 CLOSED FOR THANKSGIVING	24 CLOSED NO MEAL DELIVERY
27 NO MEAL DELIVERY	28 Manicotti w/ Marinara California Vegetable Blend Peas & Pearl Onions	29 Caprese Stuffed Portobello Baby Bakers Cauliflower Roll w/ Butter	30 Cheese Pizza Italian Stewed Chickpeas Creamy Zucchini	

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 15	NOVEMBER 16	NOVEMBER 22
VEGGIE STUFFED PORTOBELLO	BACON, ASPARAGUS & LEEK QUICHE	COD W/TOMATO BASIL SALSA	SOUTHWESTERN VEGAN BOWL
Tender portobello mushroom stuffed with a medley of roasted vegetables seasoned with pesto and parmesan cheese.	Egg pie with crispy bacon, tender asparagus and leeks.	Tender, succulent cod loin seasoned with pepper and garlic herb seasoning and topped with tomato basil salsa.	Sweet potatoes, black beans, lentils and brown rice tossed in a red wine vinaigrette.

SourcePoint Meals on Wheels Program

NOVEMBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Dill Pasta Salad w/ Shrimp Hard Boiled Eggs Tropical Fruit Salad w/ Coconut 	2 Roast Beef & Swiss w/ Wheat Ranch Potato Salad Mixed Fruit	3 Cottage Cheese & Pineapple Plate Celery & Peanut Butter Banana Muffin Trail Mix
6 Turkey & Swiss Wrap Tomato Wedges Ambrosia	7 Asparagus, Egg, Bacon & Walnut Salad Swiss Cheese Cubes Grapes	8 Vegetable Salad Potato Salad Fresh Cut Fruit 	9 Tuna Salad over Spring Mix Pears Mandarin Oranges Strawberry Chex Mix 	10 Chopped Mexican Salad Tropical Fruit Salad w/ Coconut Pineapple Mango Salsa Tortilla Chips
13 Turkey Salad Swiss Cheese Cubes Tomato Wedges Mixed Fruit Cup	14 Italian Chicken Wrap Grapes Clementine	15 Egg Salad w/ Wheat Chopped Veggie Pesto Salad Fresh Cut Fruit 	16 Beef & Vegetable Salad Mixed Fruit Wheat Crackers	17 Beet & Mandarin Orange Salad Hard Boiled Eggs Pears Roll w/ Butter
20 Greek Chicken & Grain Salad Carrots & Broccoli Roasted Red Pepper Hummus	21 Vanilla Yogurt Parfait Blueberry Muffin w/ Butter Peach Cup 	22 Strawberry Pecan Salmon Salad Vanilla Yogurt Pears Banana Muffin 	23 CLOSED FOR THANKSGIVING	24 CLOSED NO MEAL DELIVERY
27 NO MEAL DELIVERY	28 Turkey & Swiss w/ Wheat Mandarin Oranges Strawberry Chex Mix	29 BLT Salad Fruit Salad Trail Mix	30 Hawaiian BBQ Chicken Wrap Tropical Slaw Mandarin Oranges	

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HIGHLIGHTING MENU ITEMS

NOVEMBER 1	NOVEMBER 21	NOVEMBER 29	NOVEMBER 30
DILL PASTA SALAD W/SHRIMP	VANILLA YOGURT PARFAIT	FRUIT SALAD	TROPICAL SLAW
Classic pasta salad with celery and red onion with fresh dill and shrimp.	Creamy vanilla yogurt topped with Michigan fruit blend. Served with crunchy granola and whipped cream.	A medley of fresh fruit tossed in vanilla yogurt.	Sweet and savory crunchy coleslaw blended with tropical fruit salad.