

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.

| November 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 | | | | | | | | | | | | |
| Wed. 11/1/23 | | | | | | | | | | | | | | | | | | | | | |
| Thu. 11/2/23 | | | | | | | | | | | | | | | | | | | | | |
| Fri. 11/3/23 | | | | | | | | | | | | | | | | | | | | | |
| Mon. 11/6/23 | | | | | | | | | | | | | | | | | | | | | |
| Tue. 11/7/23 | | | | | | | | | | | | | | | | | | | | | |
| Wed. 11/8/23 | | | | | | | | | | | | | | | | | | | | | |
| Thu. 11/9/23 | | | | | | | | | | | | | | | | | | | | | |
| Fri. 11/10/23 | | | | | | | | | | | | | | | | | | | | | |
| Mon. 11/13/23 | | | | | | | | | | | | | | | | | | | | | |
| Tue. 11/14/23 | | | | | | | | | | | | | | | | | | | | | |
| Wed. 11/15/23 | | | | | | | | | | | | | | | | | | | | | |
| Thu. 11/16/23 | | | | | | | | | | | | | | | | | | | | | |
| Fri. 11/17/23 | | | | | | | | | | | | | | | | | | | | | |
| Mon. 11/20/23 | | | | | | | | | | | | | | | | | | | | | |
| Tue. 11/21/23 | | | | | | | | | | | | | | | | | | | | | |
| Wed. 11/22/23 | | | | | | | | | | | | | | | | | | | | | |
| Thu. 11/23/23 | CLOSED | | | | | | CLOSED | | | | | | | | | | | | | | |
| Fri. 11/24/23 | CLOSED | | | | | | CLOSED | | | | | | | | | | | | | | |
| Mon. 11/27/23 | CLOSED | | | | | | CLOSED | | | | | | | | | | | | | | |
| Tue. 11/28/23 | | | | | | | | | | | | | | | | | | | | | |
| Wed. 11/29/23 | | | | | | | | | | | | | | | | | | | | | |
| Thu. 11/30/23 | | | | | | | | | | | | | | | | | | | | | |