

NAME _____

SourcePoint Meals on Wheels Program

DECEMBER - 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 Broccoli Cheddar Spaghetti Squash Bake Cheesy Tomatoes & White Beans Green Beans Garlic Bread
4 Brussel Sprouts & Bacon Pesto Pasta Peas Maple Spiced Peaches	5 Turkey Meatloaf Herb Roasted Redskin Potatoes Mixed Vegetables Strawberry Applesauce	6 Veggie Burger with Cheddar, Peppers & Onion Sandwich Broccoli Applesauce	7 Spinach Artichoke Stuffed Portobello White Bean & Tomato Ragout Spiced Pears	8 Pulled Beef with BBQ Sauce Cheddar & Chive Mashed Potatoes Broccoli Mixed Fruit
11 Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potatoes Tortilla Chips	12 Grilled Salmon w/ Lemon Wheel Herbed Wild Rice Whipped Parsnips Mixed Fruit	13 Mushroom Quinoa Patty w/ Swiss Roasted Roma Tomatoes Brussel Sprouts Apple Slices with Peanut Butter	14 Chicken Tex-Mex Casserole Mixed Vegetables Tropical Fruit	15 Pork Loin with Roasted Peach BBQ Sauce Mashed Yukon Potatoes Sauteed Super Greens
18 Swedish Turkey Meatballs Over Egg Noodles Brussel Sprouts Cauliflower Mixed Fruit	19 Beef Shepherds Pie Green Beans Malibu Vegetable Blend Clementine	20 Mushroom & Swiss Quiche Tri-colored Potatoes Spinach Sliced Apples	21 Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa with Tomatoes & Basil Baked Pears	22 Balsamic Glazed Salmon Creamy Mushroom Brown Rice Lima Beans Carrots
25 CLOSED FOR CHRISTMAS	26 NO MEAL DELIVERY	27 French Toast Breakfast Bake Hashbrown Potatoes Cinnamon Spiced Peaches Yogurt Cup	28 Meatloaf Herb Roasted Redskin Potatoes Mixed Vegetables Clementine	29 Broccoli Cheddar Spaghetti Squash Bake Cheesy Tomatoes & White Bean Green Beans Garlic Bread

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

DECEMBER 1	DECEMBER 14	DECEMBER 19	
CHEESY TOMATOES & WHITE BEANS	CHICKEN TEX-MEX CASSEROLE	BEEF SHEPHERDS PIE	
Diced tomatoes and navy beans topped with an amazing mixture of grated parmesan cheese, pesto and mayo. Delicious!	A colorful casserole made with shredded chicken, tomatoes, black beans, corn, green peppers, onions, & brown rice. Topped with cheddar cheese & served with sour cream.	A hearty Winter meals consisting of ground beef mixed with thyme, butter, Worcestershire, onions, celery and beef gravy. Topped with peas and mashed potatoes.	

SourcePoint Meals on Wheels Program

DECEMBER - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Bacon Ranch Wrap Herby Cauliflower Salad with Chickpeas Sliced Apples
4 Black Bean Taco Dip Mexican Zucchini Salad Clementine Taco Chips	5 Mediterranean Chickpea Tuna Salad Broccoli Florets Roasted Red Pepper Hummus Pita Bread	6 BLT Chicken Salad 3 Bean Salad Mixed Fruit Roll with Butter	7 Southwest Salad with Ground Beef Peaches Fritos	8 Autumn Caesar Salad Sliced Apples Garlic Bread
11 Roasted Veggie Sandwich with Red Pepper Feta Spread Hard Boiled Eggs Fresh Cut Fruit Goldfish	12 Ham & Swiss on Wheat Kale Almond Salad Baby Carrots Tropical Fruit	13 Roasted Veggie & Chicken Salad Pita Bread	14 Pear, Bacon, Pecan & Goat Cheese Salad Roasted Root Vegetable & White Bean Salad Roll with Butter	15 Beet, Almond, Feta & Arugula Salad Pears Mini Blueberry Loaf
18 Greek Dip Broccoli Florets Baby Carrots Pita Chips	19 Egg Salad on Wheat Tomato Wedges Peaches White Cheddar Popcorn	20 Tuna Pasta Salad Kale Lemon Caesar Salad Fresh Cut Fruit	21 Turkey Salad w/ Craisins & Pecans Bacon Pea Ranch Salad Pears Crackers	22 Black Bean Taco Salad Tropical Fruit Salad w/ Coconut Guacamole
25 CLOSED FOR CHRISTMAS	26 NO MEAL DELIVERY	27 Taco Salad Tropical Fruit Cornbread	28 Salmon Cobb Salad 3 Bean Salad Pears Roll with Butter	29 Chicken Bacon Ranch Wrap Herby Cauliflower Salad with Chickpeas Sliced Apples

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HIGHLIGHTING MENU ITEMS

DECEMBER 1	DECEMBER 8	DECEMBER 14	
HERBY CAULIFLOWER SALAD	AUTUMN CAESAR SALAD	ROOT VEGETABLE & BEAN SALAD	
Cauliflower, chickpeas, and pickled onions tossed in a flavorful vinaigrette of lemon juice, parsley, mint, and black pepper.	A bed of kale topped with a mixture of butternut squash and garbanzo beans. Topped with shredded parmesan. Served with a vegetarian caesar dressing and croutons.	Seasonal root vegetables, including turnips, rutabaga, sweet potatoes, and red onions with rosemary and thyme. Tossed with navy beans and a balsamic vinaigrette.	