






NAME _____

SourcePoint Meals on Wheels Program

DECEMBER - 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 Tuscan White Bean, Kale & Sundried Tomato Bake Brown Rice Malibu Vegetable Blend  Breadstick with Butter
4 Philly Sandwich with Bun Herb Roasted Redskin Potatoes Lima Beans Sliced Apples	5 Creamy Sundried Tomato Pasta Sauteed Mushrooms, Onions & Green Beans Brussel Sprouts  Peaches	6 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit 	7 Turkey Chili Stuffed Sweet Potato Broccoli Corn Papaya & Mango	8 Chicken Tikka Masala White Rice Peas Flatbread
11 Kielbasa over Cabbage Potatoes O'Brien Peas Clementine	12 Veggie Burger with White Cheddar, Guacamole & Bun Roasted Yukon Potatoes Mixed Vegetables 	13 Tuscan Shrimp Wild Rice Italian Vegetable Blend Mixed Fruit 	14 Turkey Pot Pie with Biscuit Succotash Broccoli Sliced Apples	15 Meatball Sub Green Beans Malibu Vegetable Blend Peaches
18 Root Beer Braised Pork Mashed Yukon Potatoes Mixed Vegetables Maple Spiced Peaches Roll with Butter	19 Butter Bean Stew Brussel Sprouts Grapes Cornbread 	20 Turkey Burger with Peppers, Onions, Gouda & Bun Roasted Sweet Potato, Corn & Black Bean Salad Roasted Roma Tomatoes	21 Stuffed Cabbage Roll Roasted Redskin Potatoes Carrots Roll with Butter	22 Roasted Veggie Pasta Bake Peas Spiced Pears 
25 CLOSED FOR CHRISTMAS	26 NO MEAL DELIVERY	27 French Toast Bake Hashbrown Potatoes Cinnamon Spiced Peaches Yogurt Cup	28 Roast Turkey with Gravy Cranberry Apple Cider Cornbread Stuffing California Vegetable Blend Green Beans Mixed Fruit	29 Tuscan White Bean, Kale & Sundried Tomato Bake Brown Rice Malibu Vegetable Blend  Breadstick with Butter

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 CHICKEN TIKKA MASALA Cubed chicken baked in a delicious cream sauce consisting of multiple ingredients, including yogurt, garlic, ginger, and gram masala.	DECEMBER 13 TUSCAN SHRIMP Steamed shrimp covered in a savory sauce consisting of sundried tomatoes, spinach, white wine, and garlic.	DECEMBER 19 BUTTER BEAN STEW A stew perfect for a cold Winter day made with butter beans, celery, zucchini, onions, carrots, and kale with pesto and tomatoes added.	
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SourcePoint Meals on Wheels Program

DECEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Caesar Salad Pears Wheat Crackers
4 Chicken Caesar Salad Wrap 3 Bean Salad Mixed Fruit	5 Roast Beef Mexican Salad Tropical Fruit Cornbread	6 Turkey Club Sandwich on Wheat Potato Salad Fresh Cut Fruit	7 Roasted Red Pepper Hummus Broccoli Florets & Carrots Apricots Pita Wedges	8 Grilled Salmon Spring Mix Salad Dilled Pasta Salad Pears Roll with Butter
11 Calico Salad with Sunflower Seeds Peaches Cornbread	12 Southwest Chicken Salad 3 Bean Salad Peaches	13 Roast Beef & Swiss with Rye Broccoli Craisin Salad with Almonds Fresh Cut Fruit	14 Autumn Salad with Beets, Pecans & Butternut Squash Pears Roll with Butter	15 Tuna Salad over Greens Vegetable Pasta Salad Mandarin Oranges Roll with Butter
18 Roasted Brussel Sprouts & Quinoa Salad with Almonds Baby Carrots Fresh Cut Fruit	19 Citrus Chicken Salad with Almonds & Croissant Kale Almond Salad Tropical Fruit	20 Steak Greek Salad Apricots Pita Bread	21 Garden Salad Cottage Cheese Pears Apple Cinnamon Muffin	22 BLT with Wheat Coleslaw Mandarin Oranges White Cheddar Popcorn
25 CLOSED FOR CHRISTMAS	26 NO MEAL DELIVERY	27 Taco Salad Tropical Fruit Cornbread	28 Egg Salad with Wheat 3 Bean Salad Fruit Salad	29 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Caesar Salad Pears Wheat Crackers

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Each meal comes with your selection of drink: Skim milk, 2% milk, low-fat chocolate milk, orange juice, apple juice.



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HIGHLIGHTING MENU ITEMS

DECEMBER 11 CALICO SALAD A colorful Winter salad consisting of broccoli, cauliflower, tomatoes, red & green peppers, celery, onion, chickpeas, sunflower seeds, and cheddar cheese.	DECEMBER 14 AUTUMN SALAD A beautiful salad that layers chickpeas, beets, butternut squash and toasted pecans on a bed of mixed greens. It is then topped with goat cheese crumbles.	DECEMBER 20 STEAK GREEK SALAD A mixture of cucumbers, tomatoes, kalamata olives and chickpeas in a Greek dressing served over romaine. Then topped with garlic herb seasoned sliced beef with feta and hummus.	
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