

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**DECEMBER - 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 Swiss Steak with Gravy Mashed Yukon Potatoes California Vegetable Blend Maple Spiced Pears Roll with Butter
4 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peaches	5 Hashbrown Breakfast Casserole with Bacon Roasted Roma Tomatoes Country Apples Blueberry Nutrigrain Bar	6 Cheeseburger with LTO Roasted Yukon Potatoes Succotash	7 Salmon Patty with Lemon Cream Sauce Over Cilantro Rice Malibu Vegetable Blend Lima Beans Tropical Fruit	8 Turkey Craisin & Apple Stuffed Acorn Squash Harvest Vegetable Blend Green Beans Applesauce Cornbread
11 Meatloaf Roasted Redskin Potatoes Broccoli Peaches Roll with Butter	12 Roast Turkey with Gravy Whipped Sweet Potatoes Mixed Vegetables Mixed Fruit	13 Portobello Mushroom Burger w/ Cheese, Roasted Red Pepper & Onion Ring Roasted Yukon Potatoes	14 Lasagna Roll Up w/Creamy Sage & Butternut Squash Sauce Mixed Vegetables Broccoli Clementine	15 Cheesy Chicken Broccoli Mushroom Rice Casserole Carrots Peas Pears
18 Beef Medallions with Mushroom Sauce Cheddar & Chive Mashed Potatoes Peas & Carrots Pears	19 Salmon with Mango Chutney Over Coconut Rice Lima Beans Carrots Tropical Fruit	20 Cubed Pork with Cider Dijon Cream Sauce Roasted Redskin Potatoes Mixed Vegetables Roll with Butter	21 Chickpea & Roasted Vegetable Honey Mustard Bowl Over Wild Rice Roasted Root Vegetables Cinnamon Spiced Peaches	22 Chicken with Artichoke Sauce Over Spinach Mashed Redskin Potatoes Malibu Vegetable Blend Graham Crackers
25 <b>CLOSED FOR CHRISTMAS</b>	26 <b>NO MEAL DELIVERY</b>	27 French Toast Breakfast Bake Hashbrown Potatoes Cinnamon Spiced Peaches Yogurt Cup	28 Pesto, Veggie & Spaghetti Squash Bake Creamy Italian Stewed Chickpeas Cauliflower Breadstick with Butter	29 Swiss Steak with Gravy Mashed Yukon Potatoes California Vegetable Blend Maple Spiced Pears Roll 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 8	DECEMBER 13	DECEMBER 20	
<b>TURKEY CRAISIN STUFFED SQUASH</b>	<b>PORTOBELLO BURGER</b>	<b>CUBED PORK W/ CIDER DIJON SAUCE</b>	
Roasted acorn squash stuffed with a seasonal mixture of turkey, apples, cranberries, celery, bread crumbs, and parmesan cheese.	A portobello cap layered with roasted red peppers and red onion rings. Served with mayo and bun to build a delicious sandwich.	Garlic herb seasoned pork covered with a cider dijon cream sauce made with heavy cream, dijon mustard, apples, garlic, and thyme.	

## SourcePoint Meals on Wheels Program

# DECEMBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Wild Rice, Butternut Squash, Craisin & Pecan Salad 3 Bean Salad Spiced Pears
<b>4</b> Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples	<b>5</b> Portobello Hummus Sandwich Pesto White Bean & Arugula Salad Pineapple Pistachio Ambrosia	<b>6</b> Fall Farro Salad with Roasted Veggies, Cranberries & Pecans Pears Crackers	<b>7</b> Chicken Cobb Salad Pesto Pasta Salad Baby Carrots	<b>8</b> Garden Vegetable Chickpea Salad Sandwich Ambrosia Strawberry Chex Mix
<b>11</b> Honey Mustard Chicken Wrap Kale Almond Salad Peaches	<b>12</b> Mediterranean Grain Bowl Apricots Crackers	<b>13</b> Cranberry Pecan Harvest Salad with Turkey Pears Apple Cinnamon Muffin	<b>14</b> Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix	<b>15</b> Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Graham Crackers
<b>18</b> Italian Chcken Wrap Roasted Veggie Pesto Salad Pears	<b>19</b> Superfood Salad with Almonds Mixed Fruit Blueberry Muffin	<b>20</b> Un crustable PB & J Sandwich Carrots & Broccoli with Ranch Peaches	<b>21</b> Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Sliced Apples with Peanut Butter	<b>22</b> Roasted Veggies with Hummus Apricots Pita Wedges
<b>25</b> <b>CLOSED FOR CHRISTMAS</b>	<b>26</b> <b>NO MEAL DELIVERY</b>	<b>27</b> Taco Salad Tropical Fruit Cornbread	<b>28</b> Pear, Bacon, Candied Pecans & Goat Cheese Salad Broccoli Craisin Salad w/ Almonds Mini Blueberry Loaf	<b>29</b> Wild Rice, Butternut Squash, Craisin & Pecan Salad 3 Bean Salad Spiced Pears

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### HIGHLIGHTING MENU ITEMS

DECEMBER 5	DECEMBER 6	DECEMBER 19	
<b>PORTOBELLO HUMMUS SANDWICH</b>	<b>FALL FARRO SALAD</b>	<b>SUPERFOOD SALAD</b>	
A portobello mushroom cap marinated in Greek dressing and roasted. Topped with lettuce, tomato, and onion. Served with a bun and roasted red pepper hummus.	Wheat grains steamed and mixed with toasted pecans, brussel sprouts, root vegetables, kale, and cranberries. Finished with goat cheese crumbles and served with balsamic viniagrette.	A colorful Fall salad consisting of kale topped with sweet potatoes, dried cherries, almonds, and goat cheese. Served with honey mustard dressing.	