

# 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.

January 2024		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			
Mon. 1/1/24	CLOSED					CLOSED					
Tue. 1/2/24	CLOSED					CLOSED					
Wed. 1/3/24											
Thu. 1/4/24											
Fri. 1/5/24											
Mon. 1/8/24											
Tue. 1/9/24											
Wed. 1/10/24											
Thu. 1/11/24											
Fri. 1/12/24											
Mon. 1/15/24	CLOSED					CLOSED					
Tue. 1/16/24	CLOSED					CLOSED					
Wed. 1/17/24											
Thu. 1/18/24											
Fri. 1/19/24											
Mon. 1/22/24											
Tue. 1/23/24											
Wed. 1/24/24											
Thu. 1/25/24											
Fri. 1/26/24											
Mon. 1/29/24											
Tue. 1/30/24											
Wed. 1/31/24											