










NAME _____

SourcePoint Meals on Wheels Program

JANUARY - 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 CLOSED FOR NEW YEARS'	2 NO MEAL DELIVERY	3 Cheese Lasagna Roll-up w/ Pesto Cream Sauce Sauteed Super Greens Roasted Roma Tomatoes	4 Creamy Sundried Tomato Pasta Sauteed Mushrooms, Onions & Green Beans Brussel Sprouts 	5 Chicken Tikka Masala White Rice Peas
8 Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potatoes Tortilla Chips	9 Grilled Salmon with Lemon Wheel Herbed Wild Rice Whipped Parsnips  Mixed Fruit	10 Mushroom Quinoa Patty with Swiss Sandwich Roasted Roma Tomatoes Brussel Sprouts  Apple Slices w/ Peanut Butter	11 Chicken Tex-Mex Casserole Mixed Vegetables Tropical Fruit	12 Pork Loin w/ Peach BBQ Sauce Mashed Yukon Potatoes Sauteed Super Greens
15 CLOSED FOR MARTIN LUTHER KING JR DAY	16 NO MEAL DELIVERY	17 Manicotti with Marinara California Vegetable Blend Peas & Pearl Onions	18 Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa with Tomatoes & Basil  Baked Pears	19 Balsamic Glazed Salmon Creamy Mushroom Brown Rice Lima Beans Carrots 
22 Pork with Herbed Gravy Mashed Yukon Potatoes Peas Sliced Apples Crackers	23 Tilapia over Spinach with Lemon Butter Sauce Creamy Mushroom Brown Rice Malibu Vegetable Blend Mandarin Oranges 	24 Butternut Squash & White Bean Coconut Veggie Stew Herbed Wild Rice Carrots 	25 Meatloaf Herb Roasted Redskin Potatoes Mixed Vegetables Clementine	26 Broccoli Cheddar Spaghetti Squash Bake Cheesy Tomatoes & White Beans Green Beans  Garlic Bread
29 Brussel Sprouts & Bacon Pesto Pasta Peas Maple Spiced Peaches	30 Turkey Meatloaf Roasted Redskin Potatoes Mixed Vegetables Strawberry Applesauce	31 Veggie Burger with Cheddar & Peppers Broccoli Applesauce 		

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

JANUARY 5	JANUARY 8	JANUARY 18	JANUARY 24
CHICKEN TIKKA MASALA Cubed chicken marinated & cooked in a yogurt sauce with delicious seasoning. Served with a delicious tomato based sauce of ginger, garlic, cumin, heavy cream, and cilantro.	MEXICAN ROASTED SWEET POTATOES Wedged sweet potatoes tossed in olive oil and lime pepper seasoning then roasted to perfection.	SPINACH & ARTICHOKE SQUASH A mixture of artichoke hearts, spinach, cream cheese, parmesan cheese and seasonings tossed with spaghetti squash.	SQUASH & BEAN COCONUT STEW A true Winter stew to warm you up! Created with butternut squash, garlic, thyme, navy beans, kale and coconut milk.

SourcePoint Meals on Wheels Program

JANUARY - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR NEW YEARS'	2 NO MEAL DELIVERY	3 Egg Salad with Croissant Swiss Cheese Cubes Hawaiian Fruit Salad Delight with Coconut 	4 Chicken Cobb Salad Pesto Pasta Salad Baby Carrots	5 Southwest Salad with Ground Beef Peaches Fritos
8 Roasted Veggie Sandwich with Red Pepper Spread Hard Boiled Eggs Fresh Cut Fruit Goldfish 	9 Ham & Swiss Sandwich Kale Almond Salad Tropical Fruit Baby Carrots	10 Roasted Vegetable & Chicken Salad Pita Bread	11 Pear, Bacon & Pecan Salad Roasted Root Veggies & White Bean Salad Roll w/ Butter	12 Beet, Arugula & Almond Salad Pears Mini Blueberry Loaf
15 CLOSED FOR MARTIN LUTHER KING JR DAY	16 NO MEAL DELIVERY	17 Turkey & Swiss Sandwich Mandarin Oranges Strawberry Chex Mix	18 Turkey Salad with Craisins & Pecans Bacon & Pea Ranch Salad Pears Crackers	19 Black Bean Taco Salad Tropical Fruit Salad with Coconut Guacamole
22 5 Bean Salad over Romaine Cheddar Cheese Cubes Peaches Crackers 	23 Pecan Chicken Salad Honey Mustard Potato Salad Applesauce White Cheddar Popcorn	24 Turkey & Cheddar Sandwich Harvest Slaw with Apples, Craisins & Sunflower Seeds Baby Carrots with Ranch	25 Salmon Cobb Salad 3 Bean Salad Pears Roll w/ Butter 	26 Chicken Bacon Ranch Wrap Herby Cauliflower Salad with Chickpeas Sliced Apples
29 Black Bean Taco Dip Mexican Zucchini Salad Clementine Tortilla Chips 	30 Mediterranean Chickpea Tuna Salad Broccoli Florets Roasted Red Pepper Hummus Pita Bread	31 BLT Chicken Salad 3 Bean Salad Mixed Fruit Roll w/ Butter		

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HIGHLIGHTING MENU ITEMS

JANUARY 8 ROASTED VEGGIE SANDWICH Build your own beautiful sandwich with roasted zucchini, yellow squash, & red onion served with fresh spinach, wheat bread, and a roasted red pepper & feta cheese spread.	JANUARY 24 HARVEST SLAW Not your Summer slaw, but perfect for the Fall & Winter. A slaw mix combined with sunflower seeds, dried cranberries, and apples. Delicious!	JANUARY 29 MEXICAN ZUCCHINI SALAD Fresh zucchini roasted dressed with garlic, lime, chili powder, & cumin. It is then tossed with cotija cheese and fresh cilantro. Zucchini never tasted soooooo good!	
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