










NAME _____

SourcePoint Meals on Wheels Program

JANUARY - 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 CLOSED FOR NEW YEARS'	2 NO MEAL DELIVERY	3 Cheese Lasagna Roll-up with 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 Kielbasa over Cabbage Potatoes O'Brien Peas Clementine	9 Veggie Burger w/ Cheddar & Guacamole Roasted Yukon Potatoes Mixed Vegetables 	10 Tuscan Shrimp Wild Rice Italian Vegetable Blend Mixed Fruit 	11 Turkey Pot Pie w/ Biscuit Succotash Broccoli Sliced Apples	12 Meatball Sub Green Beans Malibu Vegetable Blend Peaches
15 CLOSED FOR MARTIN LUTHER KING JR DAY	16 NO MEAL DELIVERY	17 Manicotti with Marinara California Vegetable Blend Peas & Pearl Onions	18 Stuffed Cabbage Roll Roasted Redskin Potatoes Carrots Roll w/ Butter	19 Roasted Veggie Pasta Bake Peas Spiced Pears 
22 Meatloaf Sandwich Corn Peas	23 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Mandarin Oranges 	24 Potato Crusted Tilapia Lemon Herb Wild Rice Malibu Vegetable Blend Sauteed Super Greens Tropical Fruit 	25 Turkey with Gravy Cranberry, Apple Cider Cornbread Stuffing California Vegetable Blend Green Beans Mixed Fruit	26 Tuscan White Bean, Kale & Sundried Tomato Bake Brown Rice Malibu Vegetable Blend Breadstick w/ Butter 
29 Philly Sandwich Herb Roasted Potatoes Lima Beans Sliced Apples	30 Creamy Sundried Tomato Pasta Sauteed Mushrooms, Onions, & Green Beans Brussel Sprouts Peaches 	31 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit 		

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 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.	JANUARY 10 TUSCAN SHRIMP Steamed shrimp topped with a delicious Tuscan sauce consisting of onions, spinach, sundried tomatoes, parmesan cheese, and other tasty ingredients.	JANUARY 25 CRANBERRY APPLE CIDER STUFFING A perfect Winter comfort food consisting of cornbread stuffing enhanced with apple cider, apple chunks and dried cranberries.	
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SourcePoint Meals on Wheels Program

JANUARY - COLD DAILY

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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 Calico Salad w/ Sunflower Seeds Peaches Cornbread 	9 Southwest Chicken Salad Wrap 3 Bean Salad Peaches	10 Roast Beef & Swiss on Rye Broccoli Craisin Salad with Almonds Fresh Cut Fruit	11 Autumn Salad w/ Beets, Pecans & Butternut Squash Pears Roll w/ Butter 	12 Tuna Salad over Greens Veggie Pasta Salad Mandarin Oranges Roll w/ Butter 
15 CLOSED FOR MARTIN LUTHER KING JR DAY	16 NO MEAL DELIVERY	17 Turkey & Swiss Sandwich Mandarin Oranges Strawberry Chex Mix	18 Garden Salad Cottage Cheese Pears Apple Cinnamon Muffin 	19 BLT Sandwich Coleslaw Mandarin Oranges White Cheddar Popcorn
22 Turkey & Swiss on Wheat Sweet Potato & Kale Salad Applesauce	23 Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit Tortilla Chips	24 Pesto Tortellini Pasta Salad Tomato & Cucumber Salad Apricots Roll w/ Butter	25 Egg Salad on Wheat 3 Bean Salad Fruit Salad 	26 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Caesar Salad Pears Crackers
29 Chicken Caesar Salad Wrap 3 Bean Salad Mixed Fruit	30 Roast Beef Mexican Salad Tropical Fruit Cornbread	31 Turkey Club Sandwich Potato Salad Fresh Cut Fruit		

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HIGHLIGHTING MENU ITEMS

JANUARY 8 CALICO SALAD A colorful winter salad consisting of broccoli, cauliflower, grape tomatoes, red peppers, chickpeas, & sunflower seeds. Served with buttermilk ranch dressing.	JANUARY 11 AUTUMN SALAD A hearty salad made with roasted butternut squash, garbanzo beans and toasted pecans. Topped with goat cheese and served with balsamic vinaigrette dressing.	JANUARY 26 RED PEPPER & CHICKEN PASTA SALAD A wonderful pasta salad brought to life with diced chicken, mozzarella cheese, green peppers and tossed with a honey, balsamic, and olive oil dressing.	
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