

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

JANUARY - 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
<div>1</div> <div>CLOSED FOR NEW YEARS'</div>	<div>2</div> <div>NO MEAL DELIVERY</div>	<div>3</div> <div>Cheese Lasagna Roll-up with Pesto Cream Sauce Sauteed Super Greens Roasted Roma Tomatoes</div>	<div>4</div> <div>Creamy Sundried Tomato Pasta Sauteed Mushrooms, Onions &amp; Green Beans Brussel Sprouts</div> <div></div>	<div>5</div> <div>Chicken Tikka Masala White Rice Peas</div>
<div>8</div> <div>Meatloaf Roasted Redskin Potatoes Broccoli Peaches Roll w/ Butter</div>	<div>9</div> <div>Roast Turkey with Gravy Mashed Sweet Potatoes Mixed Vegetables Mixed Fruit</div>	<div>10</div> <div>Portobello Mushroom Burger with White Cheddar Roasted Yukon Potatoes</div> <div></div>	<div>11</div> <div>Lasagna Roll-up with Creamy Butternut Squash Sauce Mixed Vegetables Broccoli Clementine</div> <div></div>	<div>12</div> <div>Cheesy Chicken, Broccoli &amp; Mushroom Rice Casserole Carrots Peas Pears</div>
<div>15</div> <div>CLOSED FOR MARTIN LUTHER KING JR DAY</div>	<div>16</div> <div>NO MEAL DELIVERY</div>	<div>17</div> <div>Manicotti with Marinara California Vegetable Blend Peas &amp; Pearl Onions</div>	<div>18</div> <div>Chickpea &amp; Roasted Vegetable Honey Mustard Bowl Roasted Root Vegetables Cinnamon Spiced Peaches</div> <div></div>	<div>19</div> <div>Spinach &amp; Artichoke Chicken Mashed Redskin Potatoes Spinach Malibu Vegetable Blend Graham Crackers</div>
<div>22</div> <div>Vegetable Bean Chili Succotash Cinnamon Spiced Peaches Cornbread</div> <div></div>	<div>23</div> <div>Pulled Pork Sandwich Mashed Redskin Potatoes Lima Beans Mandarin Oranges</div>	<div>24</div> <div>Honey Mustard Chicken Mushroom Wild Rice Peas &amp; Carrots Roasted Root Vegetables Mixed Fruit</div>	<div>25</div> <div>Pesto, Veggie &amp; Spaghetti Squash Bake Creamy Italian Stewed Chickpeas Cauliflower Breadstick with Butter</div> <div></div>	<div>26</div> <div>Swiss Steak with Gravy Mashed Yukon Potatoes California Vegetable Blend Maple Spiced Pears Roll w/ Butter</div>
<div>29</div> <div>Italian Vegetable &amp; White Bean Bake Whipped Cauliflower Green Beans Peaches</div> <div></div>	<div>30</div> <div>Hashbrown Breakfast Casserole Roasted Roma Tomatoes Country Apples Blueberry Nutrigrain Bar</div>	<div>31</div> <div>Cheeseburger with LTO Roasted Yukon Potatoes Succotash</div>		

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

<div>JANUARY 5</div> <div>CHICKEN TIKKA MASALA</div> <div>Cubed chicken marinated &amp; cooked in a yogurt sauce with delicious seasoning. Served with a delicious tomato based sauce of ginger, garlic, cumin, heavy cream, and cilantro.</div>	<div>JANUARY 18</div> <div>CHICKPEA &amp; VEGGIE HM BOWL</div> <div>Roasted brussel sprouts, broccoli, &amp; sweet potatoes with garlic herb seasoning. Served on top of wild rice with garbanzo beans. Honey mustard dressing served on the side.</div>	<div>JANUARY 25</div> <div>PESTO, VEGGIE, SPAGHETTI SQUASH BAKE</div> <div>Another colorful Winter bake! Sauteed onions, mushrooms, spinach, carrots &amp; red bell peppers mixed with spaghetti squash &amp; topped with mozzarella cheese.</div>	
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SourcePoint Meals on Wheels Program

JANUARY - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR NEW YEARS'	2 NO MEAL DELIVERY	3 Eggs Salad on 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 Honey Mustard Chicken Wrap Kale Almond Salad Peaches	9 Mediterranean Grain Bowl Apricots Crackers	10 Cranberry Pecan Harvest Salad with Turkey Pears Apple Cinnamon Muffin	11 Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix	12 Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Graham Crackers
15 CLOSED FOR MARTIN LUTHER KING JR DAY	16 NO MEAL DELIVERY	17 Turkey & Swiss Sandwich Mandarin Oranges Strawberry Chex Mix	18 Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Sliced Apples w/ Peanut Butter	19 Roasted Veggie Hummus Dip Apricots Pita Bread
22 Chicken Salad over Greens Vegetable Quinoa Salad Apricots Strawberry Chex Mix	23 Autumn Roasted Veggie Salad Mixed Fruit	24 Hearty Fall Rainbow Salad with Cashews Fruit Salad Banana Muffin	25 Pear, Bacon & Candied Pecan Salad Broccoli Craisin Salad with Almonds Mini Blueberry Loaf	26 Wild Rice, Butternut Squash, Craisins & Pecan Salad 3 Bean Salad Spiced Pears
29 Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples	30 Portobello Hummus Sandwich Pesto White Bean & Arugula Salad Pineapple Pistachio Ambrosia	31 Fall Farro Salad w/ Roasted Veggie & Pecans Pears Crackers		

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HIGHLIGHTING MENU ITEMS

<b>JANUARY 10</b> <b>CRANBERRY PECAN HARVEST SALAD</b> Roasted sweet potatoes, turkey, cranberries, pecans & goat cheese served on a bed of kale. Honey mustard dressing on the side.	<b>JANUARY 12</b> <b>ROASTED VEGGIE COUSCOUS SALAD</b> A colorful salad of couscous mixed with onion, red peppers, zucchini, and yellow squash. It is then tossed in a dressing of lemon vinaigrette & vegetarian Caesar dressing.	<b>JANUARY 24</b> <b>HEARTY FALL RAINBOW SALAD</b> A delicious entrée salad consisting of broccoli, cauliflower, yellow & red peppers, kale, & garbanzo beans served on top of a bed of romaine. Then topped with cashews & goat cheese.	<b>JANUARY 31</b> <b>FALL FARRO SALAD</b> A hearty salad for the season made with roasted root vegetables, brussel sprouts, kale, cranberries, & toasted pecans. Topped with goat cheese & balsamic vinaigrette dressing on the side.
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