

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

FEBURARY - 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 Spinach Artichoke Stuffed Portobello White Bean & Tomato Ragout Spiced Pears	2 Pulled BBQ Beef Cheddar & Chive Mashed Potatoes Broccoli Mixed Fruit Cup
5 Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potatoes Tortilla Chips	6 Grilled Salmon with Lemon Wheel Herbed Wild Rice Whipped Parsnips Mixed Fruit Cup	7 Mushroom Quinoa Patty with Swiss Sandwich Roasted Roma Tomatoes Brussel Sprouts Apple Slices w/ Peanut Butter	8 Chicken Tex-Mex Casserole Mixed Vegetables Tropical Fruit Cup	9 Pork Loin w/ Peach BBQ Sauce Mashed Yukon Potatoes Sauteed Super Greens
12 Swedish Turkey Meatballs Brussel Sprouts Cauliflower Mixed Fruit Cup	13 Shepherds Pie Green Beans Malibu Vegetable Blend Clementine	14 Mushroom & Swiss Quiche Tri-colored Potatoes Spinach Sliced Apples	15 Spinach & Artichoke Spaghetti Squash Casserole Italian Quinoa with Tomatoes & Basil Baked Pears	16 Balsamic Glazed Salmon Creamy Mushroom Brown Rice Lima Beans Carrots
19 Pork with Herbed Gravy Mashed Yukon Potatoes Peas Sliced Apples Crackers	20 Tilapia over Spinach with Lemon Butter Sauce Creamy Mushroom Brown Rice Malibu Vegetable Blend Mandarin Orange Cup	21 Butternut Squash & White Bean Coconut Veggie Stew Herbed Wild Rice Carrots	22 Meatloaf Herb Roasted Redskin Potatoes Mixed Vegetables Clementine	23 Broccoli Cheddar Spaghetti Squash Bake Cheesy Tomatoes & White Beans Green Beans Garlic Bread
26 Brussel Sprouts & Bacon Pesto Pasta Peas Maple Spiced Peaches	27 Turkey Meatloaf Herb Roasted Redskin Potatoes Mixed Vegetables Strawberry Applesauce Cup	28 Veggie Burger with Cheddar & Peppers Broccoli Applesauce	29 Spinach Artichoke Stuffed Portobello White Bean & Tomato Ragout Spiced Pears	

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

FEBRUARY 5 MEXICAN ROASTED SWEET POTATOES Wedged sweet potatoes tossed in olive oil and lime pepper seasoning then roasted to perfection.	FEBRUARY 13 SHEPHERDS PIE A hearty entrée consisting of celery, onions, ground beef, peas, & multiple seasonings topped with a thin layer of mashed potatoes.	FEBRUARY 15 SPINACH & ARTICHOKE SQUASH A mixture of artichoke hearts, spinach, cream cheese, parmesan cheese and seasonings tossed with spaghetti squash.	FEBRUARY 21 SQUASH & BEAN COCONUT STEW A true Winter stew to warm you up! Created with butternut squash, garlic, thyme, navy beans, kale and coconut milk.
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FEBRUARY - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Southwest Salad w/ Ground Beef Fritos Peaches	2 Autumn Caesar Salad Sliced Apples Garlic Bread 
5 Roasted Veggie Sandwich with Red Pepper Spread Hard Boiled Eggs Fresh Cut Fruit Goldfish 	6 Ham & Swiss Sandwich Kale Almond Salad Tropical Fruit Baby Carrots	7 Roasted Vegetable & Chicken Salad Pita Bread	8 Pear, Bacon, Goat Cheese & Pecan Salad Roasted Root Veggies & White Bean Salad Roll w/ Butter	9 Beet, Arugula, Feta & Almond Salad Pears Mini Blueberry Loaf 
12 Greek Hummus Dip Broccoli Baby Carrots Pita Chips 	13 Egg Salad Sandwich Tomato Wedges Peaches White Cheddar Popcorn 	14 Tuna Pasta Salad Kale Lemon Caesar Salad Fresh Cut Fruit 	15 Turkey Salad with Craisins & Pecans Bacon & Pea Ranch Salad Pear Cup Crackers	16 Black Bean Taco Salad Tropical Fruit Salad with Coconut Guacamole Cup 
19 5 Bean Salad over Romaine Cheddar Cheese Cubes Peaches Crackers 	20 Pecan Chicken Salad Honey Mustard Potato Salad Applesauce White Cheddar Popcorn	21 Turkey & Cheddar Sandwich Harvest Slaw with Apples, Craisins & Sunflower Seeds Baby Carrots with Ranch	22 Salmon Cobb Salad 3 Bean Salad Pears Roll w/ Butter 	23 Chicken Bacon Ranch Wrap Herby Cauliflower Salad with Chickpeas Sliced Apples
26 Black Bean Taco Dip Mexican Zucchini Salad Clementine Tortilla Chips 	27 Mediterranean Chickpea Tuna Salad Broccoli Florets Roasted Red Pepper Hummus Pita Bread 	28 BLT Chicken Salad 3 Bean Salad Mixed Fruit Roll w/ Bl	29 Southwest Salad w/ Ground Beef Fritos Peaches	

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HIGHLIGHTING MENU ITEMS

<b>FEBRUARY 2</b> AUTUMN CAESAR SALAD A Fall twist to a Caesar salad. Roasted shallots & butternut squash tossed with kale, garbanzo beans, & parmesan cheese. Served with a creamy Caesar dressing & croutons.	<b>FEBRUARY 5</b> 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.	<b>FEBRUARY 21</b> HARVEST SLAW Not your Summer slaw, but perfect for the Fall & Winter. A slaw mix combined with sunflower seeds, dried cranberries, and apples. Delicious!	<b>FEBRUARY 26</b> 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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