

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

FEBRUARY - 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 Turkey Chili Stuffed Sw. Potato Broccoli Corn Papaya & Mango Cup	2 Chicken Tikka Masala White Rice Peas Flatbread
5 Kielbasa w/ Cabbage Potatoes O'Brien Peas Clementine	6 Veggie Burger Sandwich w/ Cheese & Guacamole Roasted Yukon Potatoes Mixed Vegetables	7 Tuscan Shrimp Wild Rice Italian Vegetable Blend Mixed Fruit Cup	8 Turkey Pot Pie w/ Biscuit Succotash Broccoli Sliced Apples	9 Meatball Sub Green Beans Malibu Vegetable Blend Peach Cup
12 Root Beer Braised Pork over Mashed Yukon Potatoes Mixed Vegetables Maple Spiced Peaches Roll w/ Butter	13 Butter Bean Stew Brussel Sprouts Cornbread Grapes	14 Turkey Burger w/ Peppers, Onions & Gouda Roasted Sw. Potato, Corn & Black Beans Roasted Roma Tomatoes	15 Stuffed Cabbage Roll Roasted Redskin Potatoes Carrots Roll w/ Butter	16 Roasted Veggie Pasta Bake Peas Spiced Pears
19 Meatloaf Sandwich Corn Peas	20 White Cheddar Mac & Cheese Stewed Tomatoes Mixed Vegetables Mandarin Orange Cup	21 Potato Crusted Tilapia Lemon Herb Wild Rice Malibu Vegetable Blend Sauteed Super Greens Tropical Fruit Cup	22 Turkey w/ Gravy over Cranberry Apple Cider Cornbread Stuffing California Vegetable Blend Green Beans/Mixed Fruit Cup	23 Tuscan White Bean, Kale, & Sundried Tomato Bake Brown Rice Malibu Vegetable Blend Breadstick w/ Butter
26 Philly Sandwich Herb Roasted Redskin Potatoes Lima Beans Sliced Apples	27 Creamy Sundried Tomato Pasta Sauteed Mushrooms, Onions, & Green Beans Brussel Sprouts Peach Cup	28 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup	29 Turkey Chili Stuffed Sw. Potato Broccoli Corn Papaya & Mango Cup	

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

<b>FEBRUARY 2</b> <b>CHICKEN TIKKA MASALA</b> 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.	<b>FEBRUARY 7</b> <b>TUSCAN SHRIMP</b> Steamed shrimp topped with a delicious Tuscan sauce consisting of onions, spinach, sundried tomatoes, parmesan cheese, and other tasty ingredients.	<b>FEBRUARY 13</b> <b>BUTTER BEAN STEW</b> A hearty winter stew consisting of celery, zucchini, onions, carrots, tomatoes, kale, and butter beans with garlic, vegetable base and pesto basil sauce.	
--	--	--	--

SourcePoint Meals on Wheels Program

FEBRUARY - COLD 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 Roasted Red Pepper Hummus Baby Carrots Broccoli Pita Wedges Apricots	2 Grilled Salmon over Spring Mix Salad Dilled Pasta Salad Pears Roll w/ Butter
5 Calico Salad w/ Sunflower Seeds Peaches Cornbread	6 Southwest Chicken Salad Wrap 3 Bean Salad Peaches	7 Roast Beef & Swiss on Rye Broccoli Craisin Salad with Almonds Fresh Cut Fruit	8 Autumn Salad w/ Beets, Pecans & Butternut Squash Pears Roll w/ Butter	9 Tuna Salad over Greens Veggie Pasta Salad Mandarin Oranges Roll w/ Butter
12 Roasted Brussel Sprouts & Quinoa Salad w/ Almonds Baby Carrots Fresh Cut Fruit	13 Citrus Chicken Salad w/ Almonds on Croissant Kale Almond salad Tropical Fruit	14 Steak Greek Salad Apricots Pita Bread	15 Garden Salad Cottage Cheese Pears Apple Cinnamon Muffin	16 BLT Sandwich Coleslaw Mandarin Oranges White Cheddar Popcorn
19 Turkey & Swiss on Wheat Sweet Potato & Kale Salad Applesauce	20 Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit Tortilla Chips	21 Pesto Tortellini Pasta Salad w/ Pepperoni Tomato & Cucumber Salad Apricots Roll w/ Butter	22 Egg Salad on Wheat 3 Bean Salad Fruit Salad	23 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Caesar Salad Pears Crackers
26 Chicken Caesar Salad Wrap 3 Bean Salad Mixed Fruit	27 Roast Beef Mexican Salad Tropical Fruit Cornbread	28 Turkey Club Sandwich Potato Salad Fresh Cut Fruit	29 Roasted Red Pepper Hummus Baby Carrots Broccoli Pita Wedges Apricots	

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	FEBRUARY 8	FEBRUARY 12	
CALICO SALAD A colorful winter salad consisting of broccoli, cauliflower, grape tomatoes, red peppers, chickpeas, & sunflower seeds. Served with buttermilk ranch dressing.	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.	BRUSSEL SPROUT & QUINOA SALAD Roasted brussel sprouts, quinoa, spinach, dried cranberries, garbanzo beans & toasted almonds tossed in a delicious dressing and topped with feta cheese.	