

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

FEBRUARY - 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
			1 Salmon Patty w/ Lemon Sauce Cilantro Rice Malibu Vegetable Blend Lima Beans Tropical Fruit Cup	2 Turkey Craisin & Apple Stuffed Acorn Squash Harvest Vegetable Blend Green Beans / Cornbread Applesauce Cup
5 Meatloaf Roasted Redskin Potatoes Broccoli Peaches Roll w/ Butter	6 Roast Turkey with Gravy Mashed Sweet Potatoes Mixed Vegetables Mixed Fruit	7 Portobello Mushroom Burger with White Cheddar Roasted Yukon Potatoes	8 Lasagna Roll-up with Creamy Butternut Squash Sauce Mixed Vegetables Broccoli Clementine	9 Cheesy Chicken, Broccoli & Mushroom Rice Casserole Carrots Peas Pear Cup
12 Beef Medallions W/ Mush. Sauce Cheddar & Chive Mashed Potatoes Peas & Carrots Pear Cup	13 Salmon w/ Mango Chutney over Coconut Rice Carrots Lima Beans Tropical Fruit Cup	14 Pork w/ Cider Dijon Sauce Roasted Redskin Potatoes Mixed Vegetables Roll w/ Butter	15 Chickpea & Roasted Vegetable Honey Mustard Bowl Roasted Root Vegetables Cinnamon Spiced Peaches	16 Spinach & Artichoke Chicken Mashed Redskin Potatoes Spinach Malibu Vegetable Blend Graham Crackers
19 Vegetable Bean Chili Succotash Cinnamon Spiced Peaches Cornbread	20 Pulled Pork Sandwich Mashed Redskin Potatoes Lima Beans Mandarin Orange Cup	21 Honey Mustard Chicken Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup	22 Pesto, Veggie & Spaghetti Squash Bake Creamy Italian Stewed Chickpeas Cauliflower Breadstick with Butter	23 Swiss Steak with Gravy Mashed Yukon Potatoes California Vegetable Blend Maple Spiced Pears Roll w/ Butter
26 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peach Cup	27 Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Country Apples Blueberry Nutrigrain Bar	28 Cheeseburger with LTO Roasted Yukon Potatoes Succotash	29 Salmon Patty w/ Lemon Sauce Cilantro Rice Malibu Vegetable Blend Lima Beans Tropical Fruit 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> TURKEY CRAISIN ACORN SQUASH This dish cries Winter starting with the roasted acorn squash stuffed with a delicious mixture of turkey, apples, celery, cranberries, bread crumbs, & parmesan cheese.	<b>FEBRUARY 21</b> CHICKPEA & VEGGIE HM BOWL Roasted brussel sprouts, broccoli, & sweet potatoes with garlic herb seasoning. Served on top of wild rice with garbanzo beans. Honey mustard dressing served on the side.	<b>FEBRUARY 22</b> PESTO, VEGGIE, SPAGHETTI SQUASH BAKE Another colorful Winter bake! Sauteed onions, mushrooms, spinach, carrots & red bell peppers mixed with spaghetti squash & topped with mozzarella cheese.	
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FEBRUARY - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Cobb Salad Pesto Pasta Salad Baby Carrots	2 Garden Vegetable Chickpea Salad Sandwich Ambrosia Strawberry Chex Mix
5 Honey Mustard Chicken Wrap Kale Almond Salad Peaches	6 Mediterranean Grain Bowl Apricots Crackers	7 Cranberry Pecan Harvest Salad with Turkey Pears Apple Cinnamon Muffin	8 Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix	9 Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Graham Crackers
12 Italian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears	13 Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Muffin	14 Uncrustable PB & Grape Jelly Carrots & Broccoli w/ Ranch Peaches	15 Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Sliced Apples w/ Peanut Butter	16 Roasted Veggie Hummus Dip Apricots Pita Bread
19 Chicken Salad over Greens Vegetable Quinoa Salad Apricots Strawberry Chex Mix	20 Autumn Roasted Veggie Salad Mixed Fruit	21 Hearty Fall Rainbow Salad with Cashews Fruit Salad Banana Muffin	22 Pear, Bacon, Candied Pecan, & Goat Cheese Salad Broccoli Craisin Salad with Almonds Mini Blueberry Loaf	23 Wild Rice, Butternut Squash, Craisins & Pecan Salad 3 Bean Salad Spiced Pears
26 Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples	27 Portobello Hummus Sandwich Pesto White Bean & Arugula Salad Pineapple Pistachio Ambrosia	28 Fall Farro Salad w/ Roasted Veggie, Cranberries, & Pecans Pears Crackers	29 Chicken Cobb Salad Pesto Pasta Salad Baby Carrots	

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HIGHLIGHTING MENU ITEMS

<b>FEBRUARY 7</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>FEBRUARY 9</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>FEBRUARY 21</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>FEBRUARY 28</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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