

NAME _____

SourcePoint Meals on Wheels Program

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

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

MARCH 1 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.	MARCH 6 TUSCAN SHRIMP Steamed shrimp topped with a delicious Tuscan sauce consisting of onions, spinach, sundried tomatoes, parmesan cheese, and other tasty ingredients.	MARCH 12 BUTTER BEAN STEW A hearty winter stew consisting of celery, zucchini, onions, carrots, tomatoes, kale, and butter beans with garlic, vegetable base and pesto basil sauce.	
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SourcePoint Meals on Wheels Program

MARCH - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <div>Grilled Salmon over Spring Mix Salad Dilled Pasta Salad Pears Roll w/ Butter</div> <div></div>
<div>4</div> <div>Calico Salad w/ Sunflower Seeds Peaches Cornbread</div> <div></div>	<div>5</div> <div>Southwest Chicken Salad Wrap 3 Bean Salad Peaches</div>	<div>6</div> <div>Roast Beef & Swiss on Rye Broccoli Craisin Salad with Almonds Fresh Cut Fruit</div>	<div>7</div> <div>Autumn Salad w/ Beets, Pecans & Butternut Squash Pears Roll w/ Butter</div> <div></div>	<div>8</div> <div>Tuna Salad over Greens Veggie Pasta Salad Mandarin Oranges Roll w/ Butter</div> <div></div>
<div>11</div> <div>Roasted Brussel Sprouts & Quinoa Salad w/ Almonds Baby Carrots Fresh Cut Fruit</div> <div></div>	<div>12</div> <div>Citrus Chicken Salad w/ Almonds on Croissant Kale Almond Salad Tropical Fruit</div>	<div>13</div> <div>Steak Greek Salad Apricots Pita Bread</div>	<div>14</div> <div>Garden Salad Cottage Cheese Pears Apple Cinnamon Muffin</div> <div></div>	<div>15</div> <div>BLT Sandwich Coleslaw Mandarin Oranges White Cheddar Popcorn</div>
<div>18</div> <div>Turkey & Swiss on Wheat Sweet Potato & Kale Salad Applesauce</div>	<div>19</div> <div>Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit Tortilla Chips</div>	<div>20</div> <div>Pesto Tortellini Pasta Salad w/ Pepperoni Tomato & Cucumber Salad Apricots Roll w/ Butter</div>	<div>21</div> <div>Egg Salad on Wheat 3 Bean Salad Fruit Salad</div> <div></div>	<div>22</div> <div>Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Caesar Salad Pears Crackers</div>
<div>25</div> <div>Chicken Caesar Salad Wrap 3 Bean Salad Mixed Fruit</div>	<div>26</div> <div>Roast Beef Mexican Salad Tropical Fruit Cornbread</div>	<div>27</div> <div>Turkey Club Sandwich Potato Salad Fresh Cut Fruit</div>	<div>28</div> <div>Roasted Red Pepper Hummus Baby Carrots Broccoli Pita Wedges Apricots</div> <div></div>	<div>29</div> <div>Grilled Salmon over Spring Mix Salad Dilled Pasta Salad Pears Roll w/ Butter</div> <div></div>

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HIGHLIGHTING MENU ITEMS

<div>MARCH 4</div> <div>CALICO SALAD</div> <div>A colorful winter salad consisting of broccoli, cauliflower, grape tomatoes, red peppers, chickpeas, & sunflower seeds. Served with buttermilk ranch dressing.</div>	<div>MARCH 7</div> <div>AUTUMN SALAD</div> <div>A hearty salad made with roasted butternut squash, garbanzo beans and toasted pecans. Topped with goat cheese and served with balsamic vinaigrette dressing.</div>	<div>MARCH 11</div> <div>BRUSSEL SPROUT & QUINOA SALAD</div> <div>Roasted brussel sprouts, quinoa, spinach, dried cranberries, garbanzo beans & toasted almonds tossed in a delicious dressing and topped with feta cheese.</div>	
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