SourcePoint Meals on Wheels Program

MARCH - 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
				-
				Turkey Craisin & Apple Stuffed
				Acorn Squash
				Harvest Vegetable Blend
				Green Beans / Cornbread
				Applesauce Cup
4	5	6	7	
Meatloaf	Roast Turkey with Gravy	Portobello Mushroom Burger	Lasagna Roll-up with Creamy	Cheesy Chicken, Broccoli &
Roasted Redskin Potatoes	Mashed Sweet Potatoes	with White Cheddar	Butternut Squash Sauce	Mushroom Rice Casserole
Broccoli	Mixed Vegetables	Roasted Yukon Potatoes	Mixed Vegetables	Carrots
Peaches	Mixed Fruit Cup		Broccoli	Peas
Roll w/ Butter		Ψ	Clementine	Pear Cup
11	12	13	14	1
Beef Medallions W/ Mush. Sauce	Salmon w/ Mango Chutney over	Pork w/ Cider Dijon Sauce	Chickpea & Roasted Vegetable	Spinach & Artichoke Chicken
Cheddar & Chive Mashed	Coconut Rice	Roasted Redskin Potatoes	Honey Mustard Bowl	Mashed Redskin Potatoes
Potatoes	Carrots	Mixed Vegetables	Roasted Root Vegetables	Spinach
Peas & Carrots	Lima Beans	Roll w/ Butter	Cinnamon Spiced Peaches	Malibu Vegetable Blend
Pear Cup	Tropical Fruit Cup		Ψ	Graham Crackers
18	19	20	21	2
Vegetable Bean Chili	Pulled Pork Sandwich	Honey Mustard Chicken	Pesto, Veggie & Spaghetti	Swiss Steak with Gravy
Succotash	Mashed Redskin Potatoes	Mushroom Wild Rice	Squash Bake	Mashed Yukon Potatoes
Cinnamon Spiced Peaches	Lima Beans	Peas & Carrots	Creamy Italian Stewed Chickpeas	California Vegetable Blend
Cornbread	Mandarin Orange Cup	Roasted Root Vegetables	Cauliflower	Maple Spiced Pears
Ψ		Mixed Fruit Cup	Breadstick with Butter	Roll w/ Butter
25	26	27	28	2:
Italian Vegetable & White	Hashbrown Breakfast Casserole	Cheeseburger with LTO	Salmon Patty w/ Lemon Sauce	Turkey Craisin & Apple Stuffed
Bean Bake	w/ Bacon	Roasted Yukon Potatoes	Cilantro Rice	Acorn Squash
Whipped Cauliflower	Roasted Roma Tomatoes	Succotash	Malibu Vegetable Blend	Harvest Vegetable Blend
Green Beans	Country Apples		Lima Beans	Green Beans / Cornbread
Peach Cup	Blueberry Nutrigrain Bar		Tropical Fruit Cup	Applesauce 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

Indicioning were news			
MARCH 1	MARCH 14	MARCH 21	
TURKEY CRAISIN ACORN SQUASH	CHICKPEA & VEGGIE HM BOWL	PESTO, VEGGIE, SPAGHETTI SQUASH BAKI	
This dish cries Winter starting	Roasted brussel sprouts, broccoli,	Another colorful Winter bake!	
with the roasted acorn squash	& sweet potatoes with garlic herb	Sauteed onions, mushrooms,	
stuffed with a delicious mixture	seasoning. Served on top of wild	spinach, carrots & red bell peppers	
of turkey, apples, celery,	rice with garbanzo beans. Honey	mixed with spaghetti squash &	
cranberries, bread crumbs, &	mustard dressing served on the	topped with mozzarella cheese.	
parmesan cheese.	side.		

MARCH - COLD LOW SODIUM

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Salad Sandwich Ambrosia Strawberry Chex Mix Wegter Salad Peachs 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Honey Mustard Chicken Wrap Kale Almond Salad Peaches Crackers Pears Apple Cinnamon Muffin 11 Italian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears Discorting Pears Autumn Roasted Veggie Salad Mixed Fruit Strawberry Chex Mix Totocts Turkey Septable Quinoa Salad Apricots Strawberry Chex Mix Turkey Secraberry Wrap Sweet Potato & Kale Salad Strawbers Potato & Kale Salad Strawbers Potato & Kale Salad Sliced Apples Mediterranean Grain Bowl with Turkey Pears Pears Crackers Pears Apple Cinnamon Muffin 12 13 14 Broccoli Bacon Ranch Pasta Salad Honey Mustard Potato Salad Hearty Fall Fall Fall Fall Fall Fall Fall Fal					Salad Sandwich Ambrosia Strawberry Chey Mix	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
Kale Almond Salad Peaches Apricots Crackers Apple Cinnamon Muffin Apple Cinnamon Apple Cin	4	5	6	7	8	control.
Peaches Crackers Pears Apple Cinnamon Muffin Carrot Raisin Salad Strawberry Chex Mix Peaches Graham Crackers Thompson Mustard Potato Salad Peaches Graham Crackers Graham Crackers Froit Salad Peaches Graham Cra	1		•	, ,		
Apple Cinnamon Muffin Strawberry Chex Mix Peaches Graham Crackers From Ilk, ow-fat chocolate mill orange juice. Apple juice. Apricots Plita Bread Sliced Apples w/ Peanut Butter Drace Apricots Plita Bread Sliced Apples w/ Peanut Butter Wild Rice, Butternut Squash, Craisins & Pecan Salad Mixed Fruit Meals marked with this symil orange juice, apple juice. Meals marked with this symil orange juice, apple juice. Pear, Bacon, Candied Pecan, & Goat Cheese Salad With Cashews Fruit Salad Broccoli Craisin Salad with Almonds Mini Blueberry Loaf Turkey & Cranberry Wrap Sweet Potato & Kale Salad Salad Salad Salad Sandwich Pesto White Bean & Arugula Salad Salad Sandwich Pesto White Bean & Arugula Salad Salad Sandwich Ambrosia Meals marked with this symil orange juice. Carrots & Broccoli W, Ranch Agricots Plate Fruit Broccoli Craisin Salad with Almonds Mini Blueberry Loaf Chicken Cobb Salad Chicken Cobb Salad Salad Sandwich Ambrosia Meals marked with this symil orange juice. Meals marked		'	•			
Italian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears Is Chicken Salad over Greens Vegetable Quinoa Salad Apricots Strawberry Chex Mix Italian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears Is Chicken Salad over Greens Vegetable Quinoa Salad Apricots Strawberry Chex Mix Is Chicken Salad Apricots Apricots Apricots Apricots Apricots Apricots Apricots Autumn Roasted Veggie Salad Apricots Apric	Peacnes				<i>'</i>	
11 Italian Chicken Wrap Chopped Roasted Vegetable Pesto Salad W Almonds Pears		\mathfrak{D}	Apple Cinnamon Muffin	Strawberry Chex IVIIX	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Each meal comes with your
Italian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears Isalian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears Isalian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears Isalian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears Isalian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears Isalian Chicken Wrap Carrots & Broccoli w/ Ranch Peaches Isalian Chicken Salad Mixed Fruit Isalian Chicken Salad W Almonds With Carrots & Broccoli w/ Ranch Peaches Isalian Chicken Salad W Almonds Salad Wale Apples Isalian Chicken Salad W Almonds Mixed Fruit Isalian Chicken Salad W Almonds Mixed Fruit Isalian Chicken Salad W Almonds With Carrots & Broccoli w/ Ranch Peaches Isalian Chicken Salad Salad W Peaches Isalia Almond Salad Spiced Pears Isalia Salad W Roasted Veggie, Cranberries, & Pecans Weals marked with this symilar ocortain seafood/fish. Isalia Salad Salad Sandwich Ambrosia Isalia Chicken Salad Salad W Pesto Pasta Salad Wale Roasted Veggie Hummus Dip Apricots Pita Bread Wild Rice, Butternut Squash, Craisins & Pecan Salad With Carrots Isalia Pear Salad W Roasted Veggie Cranberry Loaf Isalia Pear Salad W Roasted Veggie, Cranberries, & Pecans Salad Sandwich Ambrosia Isalia Salad Sandwich Mixed Fruit Isalia Paricots Pita Bread Wild Rice, Butternut Squash, Craisins & Pecan Salad Salad Spiced Pears Isalia Pear Salad W Roasted Veggie, Cranberries, & Pecans Salad W Pesto Pasta Salad Salad Sandwich Ambrosia Isalia Salad Sandwich Meals marked with this symilar Contain seafood/fish.	11	12	13	14	Granam Crackers	selection of drink: Skim milk, 2%
Chopped Roasted Vegetable Pesto Salad Pears 18						milk, low-fat chocolate milk,
Pesto Salad Pears Mini Blueberry Muffin Peaches Kale Almond Salad Sliced Apples w/ Peanut Butter Pita Bread Pita Para Salad Solid Rese, Butternut Squash, Craisins Salad with Almonds A Bean Salad Spiced Pears Pita Bread Pita Para Salad Post, Craisins Salad with Almonds A Bean Salad Spiced Pears Pita Bread Pita Bread Pita Para Salad Pita Bread Pita Bread Pita Bread Pita Bread Pita Bread Pita Bread Pita Para Salad Spiced Pears Pita Bread Pita Para Salad Pita Para Salad Post Para Salad Spiced Pears Portobello Hummus Sandwich	· ·	•	·		,	orange juice, apple juice.
Pears Sliced Apples w/ Peanut Butter Chicken Salad over Greens Vegetable Quinoa Salad Apricots Strawberry Chex Mix Apricots Strawberry Chex Mix Strawberry Chex Mix Strawberry Wrap Sweet Potato & Kale Salad Sliced Apples Sliced Apples w/ Peanut Butter Sliced Apples w/ Peanut Butter Date of the series o	''		·		•	
Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples 18	Pears	,				
Chicken Salad over Greens Vegetable Quinoa Salad Apricots Strawberry Chex Mix 25 Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples Autumn Roasted Veggie Salad Mixed Fruit Autumn Roasted Veggie Salad With Cashews Fruit Salad Banana Muffin With Cashews Fruit Salad Banana Muffin Almonds Mini Blueberry Loaf Pear, Bacon, Candied Pecan, & Craisins & Pecan Salad Spiced Pears Wild Rice, Butternut Squash, Craisins & Pecan Salad Spiced Pears Wild Rice, Butternut Squash, Craisins & Pecan Salad Spiced Pears Chicken Cobb Salad Pesto White Bean & Arugula Salad Sliced Apples Autumn Roasted Veggie Salad Mixed Fruit Hearty Fall Rainbow Salad With Cashews Fruit Salad Broccoli Craisin Salad with Almonds Mini Blueberry Loaf Chicken Cobb Salad Pesto Pasta Salad Salad Sandwich Ambrosia Meals marked with this syml Ambrosia Meals marked with this syml Contain seafood/fish.		\mathfrak{V}	\mathscr{D}		\heartsuit	
Vegetable Quinoa Salad Apricots Strawberry Chex Mix	18	19	20	21	22	
Apricots Strawberry Chex Mix Fruit Salad Banana Muffin Almonds Mini Blueberry Loaf 25 Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples Fruit Salad Broccoli Craisin Salad with Almonds Mini Blueberry Loaf 27 Chicken Cobb Salad Pesto Pasta Salad Salad Fall Farro Salad w/ Roasted Veggie, Cranberries, & Pecans Pears Fall Farro Salad w/ Roasted Veggie, Cranberries, & Pecans Broccoli Craisin Salad with Almonds Chicken Cobb Salad Pesto Pasta Salad Salad Sandwich Ambrosia Meals marked with this syml Contain seafood/fish.	Chicken Salad over Greens	Autumn Roasted Veggie Salad	Hearty Fall Rainbow Salad	Pear, Bacon, Candied Pecan, &	Wild Rice, Butternut Squash,	Meals marked with this symbol
Strawberry Chex Mix Banana Muffin Almonds Mini Blueberry Loaf 25 Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples Pesto White Bean & Arugula Sliced Apples Banana Muffin Almonds Mini Blueberry Loaf Chicken Cobb Salad Pesto Pasta Salad Pesto Pasta Salad Baby Carrots Almonds Mini Blueberry Loaf Chicken Cobb Salad Pesto Pasta Salad Ambrosia Meals marked with this symlogical contain seafood/fish.	Vegetable Quinoa Salad	Mixed Fruit	with Cashews	Goat Cheese Salad	Craisins & Pecan Salad	are vegetarian.
Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples Mini Blueberry Loaf Mini Blueberry Loaf Chicken Cobb Salad Pesto Pasta Salad Pesto Pasta Salad Pesto Pasta Salad Baby Carrots Mini Blueberry Loaf Chicken Cobb Salad Pesto Pasta Salad Ambrosia Meals marked with this symletomy contain seafood/fish.	Apricots		Fruit Salad	Broccoli Craisin Salad with	3 Bean Salad	
25 Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples 25 Sueat Potato & Kale Salad Sliced Apples 26 Portobello Hummus Sandwich Pesto White Bean & Arugula Slower Potato & Kale Salad Salad Salad 28 Chicken Cobb Salad Pesto Pasta Salad Pesto Pasta Salad Baby Carrots 38 Garden Vegetable Chickpea Salad Sandwich Ambrosia 48 Meals marked with this symlograms contain seafood/fish.	Strawberry Chex Mix	No.	Banana Muffin	Almonds	Spiced Pears	
Turkey & Cranberry Wrap Sweet Potato & Kale Salad Sliced Apples Portobello Hummus Sandwich Pesto White Bean & Arugula Sliced Apples Portobello Hummus Sandwich Pesto Salad w/ Roasted Veggie, Cranberries, & Pecans Pesto Pasta Salad Reals marked with this symlogram Salad Ambrosia Garden Vegetable Chickpea Salad Sandwich Ambrosia Meals marked with this symlogram contain seafood/fish.				•		
Sweet Potato & Kale Salad Pesto White Bean & Arugula Sliced Apples Salad Pesto White Bean & Arugula Pears Pesto Pasta Salad Salad Sandwich Ambrosia Meals marked with this symbol Contain seafood/fish.						
Sliced Apples Salad Pears Baby Carrots Ambrosia contain seafood/fish.	· · · · · · · · · · · · · · · · · · ·		·		•	
						Meals marked with this symbol
	Sliced Apples			Baby Carrots		contain seafood/fish.
Pineapple Pistachio Ambrosia Crackers Strawberry Chex Mix		Pineapple Pistachio Ambrosia	Crackers		Strawberry Chex Mix	

HIGHLIGHTING MENU ITEMS

THORIZOTTING WENG TENS					
MARCH 6	MARCH 8	MARCH 20	MARCH 27		
CRANBERRY PECAN HARVEST SALAD	ROASTED VEGGIE COUSCOUS SALAD	HEARTY FALL RAINBOW SALAD	FALL FARRO SALAD		
Roasted sweet potatoes, turkey,	A colorful salad of couscous	A delicious entrée salad consisting	A hearty salad for the season made		
cranberries, pecans & goat	mixed with onion, red peppers,	of broccoli, cauliflower, yellow &	with roasted root vegetables,		
cheese served on a bed of kale.	zucchini, and yellow squash. It is	red peppers, kale, & garbanzo	brussel sprouts, kale, cranberries,		
Honey mustard dressing on the	then tossed in a dressing of	beans served on top of a bed of	& toasted pecans. Topped with		
side.	lemon vinaigrette & vegetarian	romaine. Then topped with	goat cheese & balsamic vinaigrette		
	Caesar dressing.	cashews & goat cheese.	dressing on the side.		
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