

NAME \_\_\_\_\_

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
				<div>1</div> <div>Turkey Craisin &amp; Apple Stuffed Acorn Squash Harvest Vegetable Blend Green Beans / Cornbread Applesauce Cup</div>
<div>4</div> <div>Meatloaf Roasted Redskin Potatoes Broccoli Peaches Roll w/ Butter</div>	<div>5</div> <div>Roast Turkey with Gravy Mashed Sweet Potatoes Mixed Vegetables Mixed Fruit Cup</div>	<div>6</div> <div>Portobello Mushroom Burger with White Cheddar Roasted Yukon Potatoes</div> <div></div>	<div>7</div> <div>Lasagna Roll-up with Creamy Butternut Squash Sauce Mixed Vegetables Broccoli Clementine</div> <div></div>	<div>8</div> <div>Cheesy Chicken, Broccoli &amp; Mushroom Rice Casserole Carrots Peas Pear Cup</div>
<div>11</div> <div>Beef Medallions W/ Mush. Sauce Cheddar &amp; Chive Mashed Potatoes Peas &amp; Carrots Pear Cup</div>	<div>12</div> <div>Salmon w/ Mango Chutney over Coconut Rice Carrots Lima Beans Tropical Fruit Cup</div> <div></div>	<div>13</div> <div>Pork w/ Cider Dijon Sauce Roasted Redskin Potatoes Mixed Vegetables Roll w/ Butter</div>	<div>14</div> <div>Chickpea &amp; Roasted Vegetable Honey Mustard Bowl Roasted Root Vegetables Cinnamon Spiced Peaches</div> <div></div>	<div>15</div> <div>Spinach &amp; Artichoke Chicken Mashed Redskin Potatoes Spinach Malibu Vegetable Blend Graham Crackers</div>
<div>18</div> <div>Vegetable Bean Chili Succotash Cinnamon Spiced Peaches Cornbread</div> <div></div>	<div>19</div> <div>Pulled Pork Sandwich Mashed Redskin Potatoes Lima Beans Mandarin Orange Cup</div>	<div>20</div> <div>Honey Mustard Chicken Mushroom Wild Rice Peas &amp; Carrots Roasted Root Vegetables Mixed Fruit Cup</div>	<div>21</div> <div>Pesto, Veggie &amp; Spaghetti Squash Bake Creamy Italian Stewed Chickpeas Cauliflower Breadstick with Butter</div> <div></div>	<div>22</div> <div>Swiss Steak with Gravy Mashed Yukon Potatoes California Vegetable Blend Maple Spiced Pears Roll w/ Butter</div>
<div>25</div> <div>Italian Vegetable &amp; White Bean Bake Whipped Cauliflower Green Beans Peach Cup</div> <div></div>	<div>26</div> <div>Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Country Apples Blueberry Nutrigrain Bar</div>	<div>27</div> <div>Cheeseburger with LTO Roasted Yukon Potatoes Succotash</div>	<div>28</div> <div>Salmon Patty w/ Lemon Sauce Cilantro Rice Malibu Vegetable Blend Lima Beans Tropical Fruit Cup</div> <div></div>	<div>29</div> <div>Turkey Craisin &amp; Apple Stuffed Acorn Squash Harvest Vegetable Blend Green Beans / Cornbread Applesauce Cup</div>

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

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

SourcePoint Meals on Wheels Program

MARCH - COLD 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
				<div>1</div> <div>Garden Vegetable Chickpea Salad Sandwich Ambrosia Strawberry Chex Mix</div> <div></div>
<div>4</div> <div>Honey Mustard Chicken Wrap Kale Almond Salad Peaches</div>	<div>5</div> <div>Mediterranean Grain Bowl Apricots Crackers</div> <div></div>	<div>6</div> <div>Cranberry Pecan Harvest Salad with Turkey Pears Apple Cinnamon Muffin</div>	<div>7</div> <div>Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix</div> <div></div>	<div>8</div> <div>Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Graham Crackers</div> <div></div>
<div>11</div> <div>Italian Chicken Wrap Chopped Roasted Vegetable Pesto Salad Pears</div>	<div>12</div> <div>Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Muffin</div> <div></div>	<div>13</div> <div>Uncrustable PB &amp; Grape Jelly Carrots &amp; Broccoli w/ Ranch Peaches</div> <div></div>	<div>14</div> <div>Broccoli Bacon Ranch Pasta Salad Kale Almond Salad Sliced Apples w/ Peanut Butter</div>	<div>15</div> <div>Roasted Veggie Hummus Dip Apricots Pita Bread</div> <div></div>
<div>18</div> <div>Chicken Salad over Greens Vegetable Quinoa Salad Apricots Strawberry Chex Mix</div>	<div>19</div> <div>Autumn Roasted Veggie Salad Mixed Fruit</div> <div></div>	<div>20</div> <div>Hearty Fall Rainbow Salad with Cashews Fruit Salad Banana Muffin</div> <div></div>	<div>21</div> <div>Pear, Bacon, Candied Pecan, &amp; Goat Cheese Salad Broccoli Craisin Salad with Almonds Mini Blueberry Loaf</div>	<div>22</div> <div>Wild Rice, Butternut Squash, Craisins &amp; Pecan Salad 3 Bean Salad Spiced Pears</div> <div></div>
<div>25</div> <div>Turkey &amp; Cranberry Wrap Sweet Potato &amp; Kale Salad Sliced Apples</div>	<div>26</div> <div>Portobello Hummus Sandwich Pesto White Bean &amp; Arugula Salad Pineapple Pistachio Ambrosia</div> <div></div>	<div>27</div> <div>Fall Farro Salad w/ Roasted Veggie, Cranberries, &amp; Pecans Pears Crackers</div> <div></div>	<div>28</div> <div>Chicken Cobb Salad Pesto Pasta Salad Baby Carrots</div>	<div>29</div> <div>Garden Vegetable Chickpea Salad Sandwich Ambrosia Strawberry Chex Mix</div> <div></div>

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

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