



NAME _____

SourcePoint Meals on Wheels Program

APRIL - HOT CARB CONTROLLED

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 Meatloaf Roasted Yukon Potatoes Green Beans	2 Turkey Burger w/ Cheddar & Tomato Jam Broccoli White Cheddar Popcorn	3 Cauliflower & Chickpea Curry Cilantro Rice Carrots 	4 Shredded Pork Tinga w/ Queso Fresco & Tortilla Chips Corn & Black Beans Brussels Sprouts	5 Tuna Melt Stuffed Pepper Green Beans Malibu Vegetable Blend Cornbread 
8 CLOSED	9 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	10 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Oriental Vegetable Blend 	11 Carolina BBQ Pulled Pork Sandwich Mac & Cheese Brussels Sprouts Sliced Apples	12 Corned Beef over Cabbage Spaetzle Carrots Applesauce Cup
15 Cheeseburger Brussels Sprouts Mixed Vegetable Casserole	16 Summer Veggie Pot Pie Broccoli Cauliflower	17 Peanut Tofu & Cauliflower Rice Stir-Fry Far East Vegetable Blend Vegetable Spring Rolls 	18 Pork Loin w/ Peach Sauce Mashed Redskin Potatoes Peas & Carrots Roll w/ Butter	19 Hawaiian Turkey Meatballs over White Rice California Vegetable Blend Spinach Hawaiian Roll w/ Butter
22 Hot Dog w/ Coney Sauce Sauteed Super Greens w/ White Beans Green Beans	23 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	24 Roasted Veggie Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions 	25 Baked Cod w/ Lemon Cream Sauce over Wild Rice Spinach Carrots  Roll w/ Butter	26 Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Malibu Vegetable Blend Peas
29 Meatloaf Roasted Yukon Potatoes Green Beans	30 Turkey Burger w/ Cheddar & Tomato Jam Broccoli White Cheddar Popcorn			

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

APRIL 9 LOADED ROASTED CAULIFLOWER A white cheddar & cauliflower bisque garnished with cheddar cheese, green onions, and turkey bacon.	APRIL 10 THAI LEMONGRASS CURRY This dish consists of sauteed onions, cauliflower, broccoli, mushrooms & spinach topped with a Thai lemongrass curry sauce. A perfect entrée for an oriental themed meal.	APRIL 16 SUMMER VEGGIE POT PIE A twist to the traditional pot pie. The sauce consists of leeks, peppers, thyme, rosemary, mushroom & garlic with spinach & corn. Topped with a biscuit.	APRIL 17 PEANUT TOFU & RICE STIR-FRY Cauliflower rice topped with a peanut tofu sauce made with soy sauce, tofu, creamy peanut butter, brown sugar & sesame oil.
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SourcePoint Meals on Wheels Program

APRIL- COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Egg Salad on Wheat Pesto White Bean & Arugula Salad Applesauce	2 Ham Salad on Wheat Tomato Wedges Apple Slices w/ Peanut Butter	3 Steak, Walnut & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	4 Roasted Tomato, Quinoa & Feta Arugula Salad 3 Bean Salad Grapes	5 Turkey & Swiss on Wheat Herby Cauliflower Salad w/ Chickpeas Peaches White Cheddar Popcorn
8 CLOSED	9 Corn, Zucchini & Arugula Salad 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	10 Turkey & Mozzarella w/ Pesto Aioli on Wheat Roasted Zucchini Salad Pears	11 Steak Cobb Salad Pears Hawaiian Roll w/ Butter	12 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
15 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears	16 Seafood Salad Dilled Pasta Salad Tropical Fruit	17 Turkey Taco Salad Mexican Zucchini Salad Papaya & Mango Cup	18 Garden Salad Hard Boiled Eggs Pears Animal Crackers	19 Steak, Blueberry, & Pecan Spinach Salad Sliced Apples w/ Peanut Butter Blueberry Vanilla Bites
22 Chopped Mexican Salad w/ Lime Vinaigrette Watermelon Guacamole Cup Tortilla Chips	23 Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples	24 7 Layer Salad Chopped Roasted Vegetable & White Bean Pesto Salad Pears Hawaiian Roll w/ Butter	25 Italian Chopped Salad Mixed Fruit Cheddar Sun Chips	26 Tuna Salad over Salad Greens Veggie Pasta Salad Clementine
29 Egg Salad on Wheat Pesto White Bean & Arugula Salad Applesauce	30 Ham Salad on Wheat Tomato Wedges Apple Slices w/ Peanut Butter			

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Each meal comes with your selection of drink: Skim milk, 2% milk, low-fat chocolate milk, orange juice, apple juice.



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HIGHLIGHTING MENU ITEMS

APRIL 5 HERBY CAULIFLOWER SALAD A wonderful Summer salad that includes cauliflower, pickled onions & chickpeas tossed in a light vinaigrette made with lemon juice & zest plus parsley & mint.	APRIL 16 SEAFOOD SALAD Crab & shrimp mixed with celery, green peppers & onions. Tossed in a dressing of mayo, sour cream, lemon juice & zest with dill.	APRIL 22 CHOPPED MEXICAN SALAD A light salad that includes black beans, corn, red peppers, onions & jicama. Tossed in a dressing made with lime, honey, garlic & olive oil. Served over a bed of romaine & topped with cheese.	APRIL 25 ITALIAN CHOPPED SALAD Onions, tomatoes, yellow peppers, garbanzo beans, kale, romaine, artichoke hearts, basil & mozzarella balls tossed. Served with Italian dressing & parmesan cheese.
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