

NAME _____

SourcePoint Meals on Wheels Program

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



APRIL - HOT DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Southwest Turkey Rice Casserole Mexican Roasted Sweet Potatoes Broccoli	2 Creamy Pesto Vegetable Tortellini Peas California Vegetable Blend Garlic Bread	3 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	4 Tropical Glazed Salmon over Brown Rice Kyoto Vegetable Blend Midori Vegetable Blend Hawaiian Roll w/ Butter	5 Beef Hot Dog Roasted Yukon Potatoes Succotash
8 CLOSED	9 Indian Butter Cauliflower & Chickpeas White Rice Peas	10 BBQ Pulled Pork Sandwich Baked Beans Succotash	11 Honey Mustard Chicken over Wild Rice Northwest Vegetable Blend Peas & Carrots Breadstick w/ Butter	12 Veggie Burger w/ Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears
15 TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans Applesauce Cup	16 Cheese Lasagna Roll Ups w/ Roasted Red Pepper Sauce Parmesan Veggie Casserole Peas & Carrots	17 Meatloaf Baby Bakers Lima Beans	18 Turkey Burger w/ Cheddar Succotash Spinach	19 Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Roll w/ Butter
22 Teriyaki Turkey Rice Bowl w/ Pineapple Vegetable Spring Rolls Kyoto Vegetables Clementine	23 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter	24 Cheeseburger Baked Beans Corn	25 Creamy Garlic Pork Bites Mashed Yukon Potatoes Mixed Vegetables	26 BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter
29 Southwest Turkey Rice Casserole Mexican Roasted Sweet Potatoes Broccoli	30 Creamy Pesto Vegetable Tortellini Peas California Vegetable Blend Garlic Bread			

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 4 TROPICAL GLAZED SALMON Salmon topped with a pineapple and tropical rum glaze.	APRIL 9 INDIAN BUTTER CAULIFLOWER Cauliflower & garbanzo beans in a sauce consisting of butter, garlic, ginger, tomato sauce, yogurt, garam masala, cumin, cream & cilantro.	APRIL 15 TEXMEX CHICKEN & ZUCHINNI BAKE Diced chicken mixed with onions, garlic, red peppers, zucchini, tomatoes, black beans, cilantro, taco seasoning & cumin. Topped with cheese & served with a side of sour cream.	APRIL 25 CREAMY GARLIC PORK BITES Diced fajita pork mixed with a sauce of pork gravy, garlic, half & half cream, cheese, dijon mustard, garlic & herb seasoning. Baked to meld the ingredients and flavors.
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APRIL - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tuna Pasta Salad Baby Carrots Topical Fruit Salad w/ Coconut	2 BBQ Chicken Salad Pineapple Slaw Peaches Guacamole	3 Turkey & Swiss on Wheat Bacon Pea Ranch Salad Peaches	4 Peach, Blueberry, Almond, & Spinach Salad 3 Bean Salad Corn Muffin	5 Moroccan Barley Salad Moroccan Beet Salad Tropical Ambrosia
8 CLOSED	9 Caprese Chicken Salad Pesto Pasta Salad Pears Roll w/ Butter	10 Beef & Bleu Salad Roasted Broccoli, Quinoa, & Almond Salad Peaches Breadstick w/ Butter	11 Mediterranean Chickpea Salad Hummus w/ Pita Wedges Apricots	12 Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish
15 Salmon Salad w/ Creamy Cilantro Pineapple & Black Bean Salsa w/ Tortilla Chips Colby Cheese Stick	16 Chef Salad Pears Mini Blueberry Loaf Graham Crackers	17 Chicken Salad on Wheat Kale Lemon Caesar Salad Tropical Fruit Baby Carrots	18 Tomato, Cucumber, & Spinach Sandwich w/ Cheese Spread Mixed Fruit Strawberry Chex Mix	19 Pesto Chickpea Veggie Salad Vanilla Yogurt Fresh Cut Fruit Garlic Bread
22 Ham & Swiss on Wheat Carrot Raisin Salad Fresh Cut Fruit	23 Roast Beef & Cheddar on Wheat Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	24 Curried Chicken Salad w/ Almonds Cucumber & Chickpea Salad Tropical Fruit Salad w/ Coconut Flatbread	25 Beef & Mandarin Orange Arugula Salad Pears Sliced Apples w/ Peanut Butter Mini Blueberry Loaf	26 Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches
29 Tuna Pasta Salad Baby Carrots Tropical Fruit Salad w/ Coconut	30 BBQ Chicken Salad Pineapple Slaw Peaches Guacamole			

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HIGHLIGHTING MENU ITEMS

APRIL 2 PINEAPPLE SLAW A jazzed cole slaw tossed with pineapple tidbits.	APRIL 5 MOROCCAN BARLEY SALAD Steamed barley mixed with toasted almonds, sauteed carrots & onions, mint, apricots, garbanzo beans. Coated with a dressing of olive oil, cumin, ginger, cinnamon & brown sugar.	APRIL 15 SALMON SALAD W/ CREAMY CILANTRO Kale topped with tomatoes, cheese, peppers, corn & red cabbage. Finished with salmon. Served with a dressing of olive oil, lime juice, honey, garlic, mayo & cilantro on the side.	APRIL 24 CURRIED CHICKEN SALAD Diced chicken, toasted almonds & red grapes mixed with a dressing of honey, curry powder, mayo & Greek yogurt. Served on a bed of mixed greens.
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