

NAME _____

SourcePoint Meals on Wheels Program

MAY - 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 Cauliflower & Chickpea Curry Cilantro Rice Carrots	2 Shredded Pork Tinga w/ Queso Fresco Corn & Black Beans Brussels Sprouts Tortilla Chips	3 Tuna Melt Stuffed Pepper Green Beans Malibu Vegetable Blend Cornbread
6 Broccoli Stuffed Chicken Mashed Redskin Potatoes Sauteed Super Greens & White Beans Roll w/ Butter	7 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	8 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Oriental Vegetable Blend	9 Carolina BBQ Pulled Pork Sandwich Mac & Cheese Brussels Sprouts Sliced Apples	10 Corned Beef over Cabbage Spaetzle Carrots Applesauce Cup
13 Cheeseburger Brussels Sprouts Mixed Vegetable Casserole	14 Summer Veggie Pot Pie Broccoli Cauliflower	15 Peanut Tofu & Cauliflower Rice Stir-Fry Far East Vegetable Blend Vegetable Spring Rolls	16 Pork Loin w/ Peach Sauce Mashed Redskin Potatoes Peas & Carrots Roll w/ Butter	17 Hawaiian Turkey Meatballs over White Rice California Vegetable Blend Spinach Hawaiian Roll w/ Butter
20 Hot Dog w/ Coney Sauce Sauteed Super Greens & White Beans Green Beans	21 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	22 Roasted Veggie Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions	23 Baked Cod w/ Lemon Cream Sauce over Wild Rice Spinach Carrots Roll w/ Butter	24 Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Malibu Vegetable Blend Peas
27 CLOSED	28 NO DELIVERY	29 Caprese Chicken Baby Bakers Mixed Vegetable Garlic Breadstick	30 Shredded Pork Tinga w/ Queso Fresco & Tortilla Chips Corn & Black Beans Brussels Sprouts Tortilla Chips	31 Tuna Melt Stuffed Pepper Green Beans Malibu Vegetable Blend Cornbread

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

MAY 7 LOADED ROASTED CAULIFLOWER A white cheddar & cauliflower bisque garnished with cheddar cheese, green onions, and turkey bacon.	MAY 8 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.	MAY 14 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.	MAY 15 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

MAY- COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Steak, Walnut & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	2 Roasted Tomato, Quinoa & Arugula Salad 3 Bean Salad Grapes	3 Turkey & Swiss on Wheat Herby Cauliflower Salad w/ Chickpeas Peaches White Cheddar Popcorn
6 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	7 Corn, Zucchini & Arugula Salad 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	8 Turkey & Mozzarella w/ Pesto Aioli on Wheat Roasted Zucchini Salad Pears	9 Steak Cobb Salad Pears Hawaiian Roll w/ Butter	10 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
13 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears	14 Seafood Salad Dilled Pasta Salad Tropical Fruit	15 Turkey Taco Salad Mexican Zucchini Salad Papaya & Mango Cup	16 Garden Salad Hard Boiled Eggs Pears Animal Crackers	17 Steak, Blueberry, & Pecan Spinach Salad Sliced Apples w/ Peanut Butter Blueberry Vanilla Bites
20 Chopped Mexican Salad w/ Lime Vinaigrette Watermelon Guacamole Cup Tortilla Chips	21 Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples	22 7 Layer Salad Chopped Roasted Vegetable & White Bean Pesto Salad Pears Hawaiian Roll w/ Butter	23 Italian Chopped Salad Mixed Fruit Cheddar Sun Chips	24 Tuna Salad over Salad Greens Veggie Pasta Salad Clementine
27 CLOSED	28 NO DELIVERY	29 Turkey & Swiss on Wheat Bacon Pea Ranch Salad Peaches	30 Roasted Tomato, Quinoa & Feta Arugula Salad 3 Bean Salad Grapes	31 Turkey & Swiss on Wheat Herby Cauliflower Salad w/ Chickpeas Peaches White Cheddar Popcorn

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HIGHLIGHTING MENU ITEMS

MAY 3 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.	MAY 14 SEAFOOD SALAD Crab & shrimp mixed with celery, green peppers & onions. Tossed in a dressing of mayo, sour cream, lemon juice & zest with dill.	MAY 20 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.	MAY 23 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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