

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



# MAY - HOT DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	2 Tropical Glazed Salmon over Brown Rice Kyoto Vegetable Blend Midori Vegetable Blend Hawaiian Roll w/ Butter	3 Beef Hot Dog Roasted Yukon Potatoes Succotash
6 Beef Lasagna Brussel Sprouts Italian Vegetable Blend Garlic Bread	7 Indian Butter Cauliflower & Chickpeas White Rice Peas	8 BBQ Pulled Pork Sandwich Baked Beans Succotash	9 Honey Mustard Chicken over Wild Rice Northwest Vegetable Blend Peas & Carrots Breadstick w/ Butter	10 Veggie Burger w/ Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears
13 TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans Applesauce Cup	14 Cheese Lasagna Roll Ups w/ Roasted Red Pepper Sauce Parmesan Veggie Casserole Peas & Carrots	15 Meatloaf Baby Bakers Lima Beans	16 Turkey Burger w/ Cheddar Succotash Spinach	17 Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Roll w/ Butter
20 Teriyaki Turkey Rice Bowl w/ Pineapple Vegetable Spring Rolls Kyoto Vegetables Clementine	21 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter	22 Cheeseburger Baked Beans Corn	23 Creamy Garlic Pork Bites Mashed Yukon Potatoes Mixed Vegetables	24 BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter
27 <b>CLOSED</b>	28 <b>NO DELIVERY</b>	29 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	30 Tropical Glazed Salmon over Brown Rice Kyoto Vegetable Blend Midori Vegetable Blend Hawaiian Roll w/ Butter	31 Beef Hot Dog Roasted Yukon Potatoes Succotash

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

<b>MAY 2</b> TROPICAL GLAZED SALMON Salmon topped with a pineapple and tropical rum glaze.	<b>MAY 7</b> INDIAN BUTTER CAULIFLOWER Cauliflower & garbanzo beans in a sauce consisting of butter, garlic, ginger, tomato sauce, yogurt, garam masala, cumin, cream & cilantro.	<b>MAY 13</b> 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.	<b>MAY 23</b> 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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## SourcePoint Meals on Wheels Program

# MAY - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Turkey & Swiss on Wheat Bacon Pea Ranch Salad Peaches	<b>2</b> Peach, Blueberry, Almond, & Spinach Salad 3 Bean Salad Corn Muffin	<b>3</b> Moroccan Barley Salad Moroccan Beet Salad Tropical Ambrosia
<b>6</b> Egg Salad on Wheat Broccoli Craisin Salad w/ Almonds Mixed Fruit	<b>7</b> Caprese Chicken Salad Pesto Pasta Salad Pears Roll w/ Butter	<b>8</b> Beef & Bleu Salad Roasted Broccoli, Quinoa, & Almond Salad Peaches Breadstick w/ Butter	<b>9</b> Mediterranean Chickpea Salad Hummus w/ Pita Wedges Apricots	<b>10</b> Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish
<b>13</b> Salmon Salad w/ Creamy Cilantro Pineapple & Black Bean Salsa w/ Tortilla Chips Colby Cheese Stick	<b>14</b> Chef Salad Pears Mini Blueberry Loaf Graham Crackers	<b>15</b> Chicken Salad on Wheat Kale Lemon Caesar Salad Tropical Fruit Baby Carrots	<b>16</b> Tomato, Cucumber, & Spinach Sandwich w/ Cheese Spread Mixed Fruit Strawberry Chex Mix	<b>17</b> Pesto Chickpea Veggie Salad Vanilla Yogurt Fresh Cut Fruit Garlic Bread
<b>20</b> Ham & Swiss on Wheat Carrot Raisin Salad Fresh Cut Fruit	<b>21</b> Roast Beef & Cheddar on Wheat Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	<b>22</b> Curried Chicken Salad w/ Almonds Cucumber & Chickpea Salad Tropical Fruit Salad w/ Coconut Flatbread	<b>23</b> Beef & Mandarin Orange Arugula Salad Pears Sliced Apples w/ Peanut Butter Mini Blueberry Loaf	<b>24</b> Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches
<b>27</b>  <b>CLOSED</b>	<b>28</b>  <b>NO DELIVERY</b>	<b>29</b> Turkey & Swiss on Wheat Bacon Pea Ranch Salad Peaches	<b>30</b> Peach, Blueberry, Almond, & Spinach Salad 3 Bean Salad Corn Muffin	<b>31</b> Moroccan Barley Salad Moroccan Beet Salad Tropical Ambrosia

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### HIGHLIGHTING MENU ITEMS

<b>MAY 3</b> <b>MOROCCAN BARLEY SALAD</b> Steamed barley mixed with toasted almonds, sauteed carrots & onions, mint, apricots, garbanzo beans. Coated with a dressing of olive oil, cumin, ginger, cinnamon & brown	<b>MAY 13</b> <b>SALMON SALAD W/ CREAMY CILANTRO</b> 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.	<b>MAY 22</b> <b>CURRIED CHICKEN SALAD</b> 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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