

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 LOW SODIUM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn	2 Turkey Burger w/ Swiss & Carmelized Onions Roasted Roma Tomatoes Succotash	3 Seared Lemon Chicken Mushroom Brown Rice Mixed Vegetables
6 BBQ Pork Loin w/ Roasted Peach BBQ Sauce Mashed Redskin Potatoes Succotash Brussel Sprouts	7 Sloppy Joe Sandwich Roasted Yukon Potatoes Mixed Vegetables	8 Pineapple Bourbon Glazed Chicken Asian Rice Salad Kyoto Vegetable Blend Midori Vegetable Blend	9 Portobello Fajitas Seasoned Black Beans Corn	10 Potato Crusted Tilapia Lemon Herb Wild Rice Peas & Carrots Roll w/ Butter
13 Southwest Vegan Bowl Stewed Tomatoes Malibu Vegetable Blend Hawaiian Roll w/ Butter	14 Beef Burger w/ Provolone, Onions & Mushrooms Roasted Yukon Potatoes Succotash	15 Bacon, Asparagus & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables	16 Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter	17 Honey Lime Chicken Thigh Coconut Rice Green Beans Carrots
20 Veggie Cakes w/ Ranch Sauteed Super Greens & White Beans Country Apples	21 Pork Loin w/ Creamy Garlic & Spinach Sauce Mashed Redskin Potatoes Peas & Carrots	22 Quinoa & Veggie Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick	23 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Broccoli Mandarin Orange Jello Cup	24 Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup
27 <b>CLOSED</b>	28 <b>NO DELIVERY</b>	29 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	30 Turkey Burger w/ Swiss & Carmelized Onions Roasted Roma Tomatoes Succotash	31 Seared Lemon Chicken Mushroom Brown Rice Mixed Vegetables

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 8</b> <b>ASIAN RICE</b> A wonderfully made from scratch sauce consisting of garlic, ginger, soy sauce & sesame oil mixed with white rice and scrambled eggs.	<b>MAY 17</b> <b>HONEY LIME CHICKEN THIGH</b> Boneless chicken thigh marinated in a light ginger & lime sauce. The chicken is then cooked & topped with a thickened version of the sauce for added flavor!	<b>MAY 20</b> <b>VEGGIE CAKES WITH RANCH</b> Made from scratch veggie cakes consisting of broccoli, carrots, zucchini, breadcrumbs, cheese & garlic. Served with a side of ranch dressing.	
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## SourcePoint Meals on Wheels Program

# MAY - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Dilled Pasta Salad w/ Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit 	2 Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples	3 Cottage Cheese & Pineapple Plate Banana Muffin Trail Mix 
6 Turkey & Swiss Wrap Kale Almond Side Salad Applesauce	7 Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers Sliced Apples	8 Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter 	9 Tuna Salad over Salad Greens Chopped Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter 	10 Hummus Veggie Sandwich on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn 
13 Mushroom, Egg, Bacon & Spinach Salad Chickpea & Kidney Bean Salad Swiss Cheese Cubes Pear Cup	14 Italian Chicken Wrap Carrot Raisin Salad Sliced Apples	15 Egg Salad on Wheat Tomato Wedges Fresh Cut Fruit Trail Mix 	16 Beef & Summer Veggies Salad Mixed Fruit Animal Crackers	17 Beet & Mandarin Orange Kale Salad Pears Blueberry Vanilla Bites 
20 Greek Chicken & Grain Salad Baby Carrots Broccoli Roasted Red Pepper Hummus Cup	21 Roasted Veggies on Wheat w/ Herbed Ricotta Watermelon White Cheddar Popcorn 	22 Strawberry Pecan Salmon Salad Tomato Wedges Fresh Cut Fruit Blueberry Nutrigrain Bar 	23 Caprese Steak Salad Pesto Pasta Salad Peaches Roll w/ Butter	24 Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Loaf 
27 <b>CLOSED</b>	28 <b>NO DELIVERY</b>	29 Turkey & Swiss on Wheat Bacon Pea Ranch Salad Peaches	30 Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples	31 Cottage Cheese & Pineapple Plate Banana Muffin Trail Mix 

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### HIGHLIGHTING MENU ITEMS

<b>MAY 8</b> <b>SUMMER VEGETABLE SALAD</b> A colorful collection of veggies, including tomatoes, yellow peppers, carrots & broccoli marinated in a homemade vinaigrette. Served over Romaine & topped with Feta.	<b>MAY 17</b> <b>BEET &amp; MANDARIN ORANGE SALAD</b> Kale, beets, mandarin oranges & garbanzo beans served over Spring mix. Topped with goat cheese and served with raspberry vinaigrette. How refreshing!	<b>MAY 24</b> <b>SUPERFOOD SALAD</b> Kale topped with roasted sweet potatoes, dried cherries, toasted almonds, and goat cheese. Served with honey mustard dressing.	<b>MAY 31</b> <b>COTTAGE CHEESE PLATE</b> The perfect light Summer lunch consisting of cottage cheese, pineapple, celery and peanut butter. Accompanied with a yummy banana muffin and trail mix.
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