






NAME _____

SourcePoint Meals on Wheels Program

JUNE - 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
3 Broccoli Stuffed Chicken Mashed Redskin Potatoes Sautéed Super Greens & White Beans Roll w/ Butter	4 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	5 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Oriental Vegetable Blend 	6 Carolina BBQ Pulled Pork Sandwich Mac & Cheese Brussels Sprouts Sliced Apples	7 Corned Beef over Cabbage Spatzle Carrots Applesauce Cup
10 Cheeseburger Brussels Sprouts Mixed Vegetable Casserole	11 Summer Veggie Pot Pie Broccoli Cauliflower 	12 Peanut Tofu & Cauliflower Rice Stir-Fry Far East Vegetable Blend Vegetable Spring Rolls 	13 Pork Loin w/ Peach Sauce Mashed Redskin Potatoes Peas & Carrots Roll w/ Butter	14 Hawaiian Turkey Meatballs over White Rice California Vegetable Blend Spinach Hawaiian Roll w/ Butter
17 Hot Dog w/ Coney Sauce Sautéed Super Greens w/ White Beans Green Beans	18 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	19 Roasted Veggie Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions 	20 Baked Cod w/ Lemon Cream Sauce over Wild Rice Spinach Carrots  Roll w/ Butter	21 Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Malibu Vegetable Blend Peas
24 Meatloaf Roasted Yukon Potatoes Green Beans	25 Turkey Burger w/ Cheddar & Tomato Jam Broccoli White Cheddar Popcorn	26 Cauliflower & Chickpea Curry Cilantro Rice Carrots 	27 Shredded Pork Tinga w/ Queso Fresco & Tortilla Chips Corn & Black Beans Brussels Sprouts	28 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

JUNE 4 LOADED ROASTED CAULIFLOWER A white cheddar & cauliflower bisque garnished with cheddar cheese, green onions, and turkey bacon.	JUNE 5 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.	JUNE 11 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.	JUNE 12 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.
---	--	--	---

SourcePoint Meals on Wheels Program

JUNE - COLD 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
3 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce 	4 Corn, Zucchini & Arugula Salad 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	5 Turkey & Mozzarella w/ Pesto Aioli on Wheat Roasted Zucchini Salad Pears	6 Steak Cobb Salad Pears Hawaiian Roll w/ Butter	7 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
10 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears 	11 Seafood Salad Dilled Pasta Salad Tropical Fruit 	12 Turkey Taco Salad Mexican Zucchini Salad Papaya & Mango Cup	13 Garden Salad Hard Boiled Eggs Pears Animal Crackers 	14 Steak, Blueberry, & Pecan Spinach Salad Sliced Apples w/ Peanut Butter Blueberry Vanilla Bites
17 Chopped Mexican Salad w/ Lime Vinaigrette Watermelon Guacamole Cup Tortilla Chips 	18 Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples	19 7 Layer Salad Chopped Roasted Vegetable & White Bean Pesto Salad Pears Hawaiian Roll w/ Butter	20 Italian Chopped Salad Mixed Fruit Cheddar Sun Chips 	21 Tuna Salad over Salad Greens Veggie Pasta Salad Clementine
24 Egg Salad on Wheat Pesto White Bean & Arugula Salad Applesauce 	25 Ham Salad on Wheat Tomato Wedges Apple Slices w/ Peanut Butter	26 Steak, Walnut & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	27 Roasted Tomato, Quinoa & Feta Arugula Salad 3 Bean Salad Grapes 	28 Turkey & Swiss on Wheat Herby Cauliflower Salad w/ Chickpeas Peaches 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

JUNE 11 SEAFOOD SALAD Crab & shrimp mixed with celery, green peppers & onions. Tossed in a dressing of mayo, sour cream, lemon juice & zest with dill.	JUNE 17 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.	JUNE 20 ITALIAN CHOPPED SALAD Onions, tomatoes, yellow peppers, garbanzo beans, kale, romaine, artichoke hearts, basil & mozzarella balls tossed. Served with Italian dressing & parmesan cheese.	JUNE 28 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.
--	---	---	--