

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



**JUNE - HOT DAILY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Beef Lasagna Brussel Sprouts Italian Vegetable Blend Garlic Bread	<b>4</b> Indian Butter Cauliflower & Chickpeas White Rice Peas 	<b>5</b> BBQ Pulled Pork Sandwich Baked Beans Succotash	<b>6</b> Honey Mustard Chicken over Wild Rice Northwest Vegetable Blend Peas & Carrots Breadstick w/ Butter	<b>7</b> Veggie Burger w/ Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears 
<b>10</b> TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans Applesauce Cup	<b>11</b> Cheese Lasagna Roll Ups w/ Roasted Red Pepper Sauce Parmesan Veggie Casserole Peas & Carrots 	<b>12</b> Meatloaf Baby Bakers Lima Beans	<b>13</b> Turkey Burger w/ Cheddar & Guacamole Succotash Spinach	<b>14</b> Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Roll w/ Butter
<b>17</b> Teriyaki Turkey Rice Bowl w/ Pineapple Vegetable Spring Rolls Kyoto Vegetables Clementine	<b>18</b> Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter 	<b>19</b> Cheeseburger Baked Beans Corn	<b>20</b> Creamy Garlic Pork Bites Mashed Yukon Potatoes Mixed Vegetables	<b>21</b> BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter
<b>24</b> Southwest Turkey Rice Casserole Mexican Roasted Sweet Potatoes Broccoli	<b>25</b> Creamy Pesto Vegetable Tortellini Peas California Vegetable Blend Garlic Bread 	<b>26</b> Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	<b>27</b> Tropical Glazed Salmon over Brown Rice Kyoto Vegetable Blend Midori Vegetable Blend Hawaiian Roll w/ Butter 	<b>28</b> 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>JUNE 4</b> <b>INDIAN BUTTER CAULIFLOWER</b> Cauliflower & garbanzo beans in a sauce consisting of butter, garlic, ginger, tomato sauce, yogurt, garam masala, cumin, cream & cilantro.	<b>JUNE 10</b> <b>TEXMEX CHICKEN &amp; ZUCHINNI BAKE</b> 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>JUNE 20</b> <b>CREAMY GARLIC PORK BITES</b> 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.	<b>JUNE 27</b> <b>TROPICAL GLAZED SALMON</b> Salmon topped with a pineapple and tropical rum glaze.
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## SourcePoint Meals on Wheels Program

# JUNE - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Egg Salad on Wheat Broccoli Craisin Salad w/ Almonds Mixed Fruit 	<b>4</b> Caprese Chicken Salad Pesto Pasta Salad Pears Roll w/ Butter	<b>5</b> Beef & Bleu Salad Roasted Broccoli, Quinoa, & Almond Salad Peaches Breadstick w/ Butter	<b>6</b> Mediterranean Chickpea Salad Hummus w/ Pita Wedges Apricots 	<b>7</b> Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish
<b>10</b> Salmon Salad w/ Creamy Cilantro Pineapple & Black Bean Salsa w/ Tortilla Chips Colby Cheese Stick 	<b>11</b> Chef Salad Pears Mini Blueberry Loaf Graham Crackers	<b>12</b> Chicken Salad on Wheat Kale Lemon Caesar Salad Tropical Fruit Baby Carrots	<b>13</b> Tomato, Cucumber, & Spinach Sandwich w/ Cheese Spread Mixed Fruit Strawberry Chex Mix 	<b>14</b> Pesto Chickpea Veggie Salad Vanilla Yogurt Fresh Cut Fruit Garlic Bread 
<b>17</b> Ham & Swiss on Wheat Carrot Raisin Salad Fresh Cut Fruit	<b>18</b> Roast Beef & Cheddar on Wheat Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	<b>19</b> Curried Chicken Salad w/ Almonds Cucumber & Chickpea Salad Tropical Fruit Salad w/ Coconut Flatbread	<b>20</b> Beet & Mandarin Orange Arugula Salad w/ Almonds Pears Sliced Apples w/ Peanut Butter Mini Blueberry Loaf 	<b>21</b> Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches 
<b>24</b> Tuna Pasta Salad Baby Carrots Topical Fruit Salad w/ Coconut 	<b>25</b> BBQ Chicken Salad Pineapple Slaw Peaches Guacamole	<b>26</b> Turkey & Swiss on Wheat Bacon Pea Ranch Salad Peaches	<b>27</b> Peach Blueberry Almond & Spinach Salad 3 Bean Salad Corn Muffin 	<b>28</b> Moroccan Barley Salad Moroccan Beet Salad Tropical Ambrosia 

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### HIGHLIGHTING MENU ITEMS

<b>JUNE 10</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>June 19</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.	<b>JUNE 25</b> <b>PINEAPPLE SLAW</b> A jazzed cole slaw tossed with pineapple tidbits.	<b>JUNE 28</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 sugar.
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