










NAME _____

SourcePoint Meals on Wheels Program

JUNE - HOT LOW SODIUM

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 BBQ Pork Loin Over Mashed Redskin Potatoes Succotash Brussel Sprouts	4 Sloppy Joe Sandwich Roasted Yukon Potatoes Mixed Vegetables	5 Pineapple Bourbon Glazed Chicken Asian Rice Salad Kyoto Vegetable Blend Midori Vegetable Blend	6 Portobello Fajitas Seasoned Black Beans Corn 	7 Potato Crusted Tilapia Lemon Herb Wild Rice Peas & Carrots Roll w/ Butter 
10 Southwest Vegan Bowl Stewed Tomatoes Malibu Vegetable Blend Hawaiian Roll w/ Butter 	11 Beef Burger w/ Provolone, Onions & Mushrooms Roasted Yukon Potatoes Succotash	12 Bacon, Asparagus & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables	13 Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter 	14 Honey Lime Chicken Thigh Coconut Rice Green Beans Carrots
17 Veggie Cakes w/ Ranch Sauteed Super Greens & White Beans Country Apples 	18 Pork Loin w/ Creamy Garlic & Spinach Sauce Mashed Redskin Potatoes Peas & Carrots	19 Quinoa & Veggie Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick 	20 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Broccoli Mandarin Orange Jello Cup 	21 Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup
24 Roasted Vegetable Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions 	25 Summer Seafood & Potato Bake Green Beans Kyoto Vegetable Blend 	26 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn	27 Turkey Burger w/ Swiss & Carmelized Onions Roasted Roma Tomatoes Succotash	28 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

JUNE 5 ASIAN RICE A wonderfully made from scratch sauce consisting of garlic, ginger, soy sauce & sesame oil mixed with white rice and scrambled eggs.	JUNE 14 HONEY LIME CHICKEN THIGH 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!	JUNE 17 VEGGIE CAKES WITH RANCH Made from scratch veggie cakes consisting of broccoli, carrots, zucchini, breadcrumbs, cheese & garlic. Served with a side of ranch dressing.	JUNE 25 SUMMER SEAFOOD BAKE Sauteed leeks, celery, mushrooms, & fresh herbs mixed with cod, salmon, shrimp, sour cream & dijon. Topped with crisp smashed baby bakers.
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SourcePoint Meals on Wheels Program

JUNE - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey & Swiss Wrap Kale Almond Side Salad Applesauce	4 Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers Sliced Apples	5 Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter	6 Tuna Salad over Salad Greens Chopped Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	7 Hummus Veggie Sandwich on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn
10 Mushroom, Egg, Bacon & Spinach Salad Chickpea & Kidney Bean Salad Swiss Cheese Cubes Pear Cup	11 Italian Chicken Wrap Carrot Raisin Salad Sliced Apples	12 Egg Salad on Wheat Tomato Wedges Fresh Cut Fruit Trail Mix	13 Beef & Summer Veggies Salad Mixed Fruit Animal Crackers	14 Beet & Mandarin Orange Kale Salad Pears Blueberry Vanilla Bites
17 Greek Chicken & Grain Salad Baby Carrots Broccoli Roasted Red Pepper Hummus Cup	18 Roasted Veggies on Wheat w/ Herbed Ricotta Watermelon White Cheddar Popcorn	19 Strawberry Pecan Salmon Salad Tomato Wedges Fresh Cut Fruit Blueberry Nutrigrain Bar	20 Caprese Steak Salad Pesto Pasta Salad Peaches Roll w/ Butter	21 Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Loaf
24 Summer Chicken BLT Salad Broccoli Craisin Salad w/ Almonds Fresh Cut Fruit Baby Carrots	25 Black Bean Taco Dip Roasted Sweet Potato, Corn & Black Bean Salad Mandarin Oranges Tortilla Chips	26 Dilled Pasta Salad w/ Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit	27 Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples	28 Cottage Cheese & Pineapple Plate Banana Muffin Trail Mix

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HIGHLIGHTING MENU ITEMS

JUNE 5 SUMMER VEGETABLE SALAD A colorful collection of veggies, including tomatoes, yellow peppers, carrots & broccoli marinated in a homemade vinaigrette. Served over Romaine & topped with Feta.	JUNE 14 BEET & MANDARIN ORANGE SALAD Kale, beets, mandarin oranges & garbanzo beans served over Spring mix. Topped with goat cheese and served with raspberry vinaigrette. How refreshing!	JUNE 21 SUPERFOOD SALAD Kale topped with roasted sweet potatoes, dried cherries, toasted almonds, and goat cheese. Served with honey mustard dressing.	JUNE 28 COTTAGE CHEESE PLATE 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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