

NAME _____

SourcePoint Meals on Wheels Program

JULY - 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
1 Broccoli Stuffed Chicken Mashed Redskin Potatoes Sautéed Super Greens w/ White Beans Roll w/ Butter	2 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	3 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Oriental Vegetable Blend	4 CLOSED	5 Corned Beef over Cabbage Spatzle Carrots Applesauce Cup
8 BBQ Pulled Chicken Baby Bakers Corn Pudding	9 Summer Veggie Pot Pie Broccoli Cauliflower	10 Peanut Tofu & Cauliflower Rice Stir-Fry Far East Vegetable Blend Vegetable Spring Rolls	11 Pork Loin w/ Peach Sauce Mashed Redskin Potatoes Peas & Carrots Roll w/ Butter	12 Hawaiian Turkey Meatballs over White Rice California Vegetable Blend Spinach Hawaiian Roll w/ Butter
15 Hot Dog w/ Coney Sauce Sautéed Super Greens w/ White Beans Green Beans	16 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	17 Roasted Veggie Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions	18 Baked Cod w/ Lemon Cream Sauce over Wild Rice Spinach Carrots Roll w/ Butter	19 Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Malibu Vegetable Blend Peas
22 Meatloaf Roasted Yukon Potatoes Green Beans	23 Turkey Burger w/ Cheddar & Tomato Jam Broccoli White Cheddar Popcorn	24 Cauliflower & Chickpea Curry Cilantro Rice Carrots	25 Shredded Pork Tinga w/ Queso Fresco & Tortilla Chips Corn & Black Beans Brussels Sprouts	26 Tuna Melt Stuffed Pepper Green Beans Malibu Vegetable Blend Cornbread
29 Broccoli Stuffed Chicken Mashed Redskin Potatoes Sautéed Super Greens w/ White Beans Roll w/ Butter	30 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	31 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Oriental Vegetable Blend		

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

JULY 2 LOADED ROASTED CAULIFLOWER A white cheddar & cauliflower bisque garnished with cheddar cheese, green onions, and turkey bacon.	JULY 3 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.	JULY 9 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.	JULY 10 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.
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SourcePoint Meals on Wheels Program

JULY - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Guacamole Veggie Sandwich on Wheat Cheddar Cheese Cubes Applesauce	2 Corn, Zucchini & Arugula Salad 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	3 Turkey & Mozzarella w/ Pesto Aioli on Wheat Roasted Zucchini Salad Pears	4 CLOSED	5 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
8 Egg Salad on Croissant Swiss Cheese Cubes Hawaiian Fruit Salad w/ Coconut	9 Seafood Salad Dilled Pasta Salad Tropical Fruit	10 Turkey Taco Salad Mexican Zucchini Salad Papaya & Mango Cup	11 Garden Salad Hard Boiled Eggs Pears Animal Crackers	12 Steak, Blueberry, & Pecan Spinach Salad Sliced Apples w/ Peanut Butter Blueberry Vanilla Bites
15 Chopped Mexican Salad w/ Lime Vinaigrette Watermelon Guacamole Cup Tortilla Chips	16 Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples	17 7 Layer Salad Chopped Roasted Vegetable & White Bean Pesto Salad Pears Hawaiian Roll w/ Butter	18 Italian Chopped Salad Mixed Fruit Cheddar Sun Chips	19 Tuna Salad over Salad Greens Veggie Pasta Salad Clementine
22 Egg Salad on Wheat Pesto White Bean & Arugula Salad Applesauce	23 Ham Salad on Wheat Tomato Wedges Apple Slices w/ Peanut Butter	24 Steak, Walnut & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	25 Roasted Tomato, Quinoa & Feta Arugula Salad 3 Bean Salad Grapes	26 Turkey & Swiss on Wheat Herby Cauliflower Salad w/ Chickpeas Peaches White Cheddar Popcorn
29 Guacamole Veggie Sandwich on Wheat Cheddar Cheese Cubes Applesauce	30 Corn, Zucchini & Arugula Salad 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	31 Turkey & Mozzarella w/ Pesto Aioli on Wheat Roasted Zucchini Salad Pears		

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HIGHLIGHTING MENU ITEMS

JULY 9 SEAFOOD SALAD Crab & shrimp mixed with celery, green peppers & onions. Tossed in a dressing of mayo, sour cream, lemon juice & zest with dill.	JULY 15 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.	JULY 18 ITALIAN CHOPPED SALAD Onions, tomatoes, yellow peppers, garbanzo beans, kale, romaine, artichoke hearts, basil & mozzarella balls tossed. Served with Italian dressing & parmesan cheese.	APRIL 5 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.
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