

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



JULY - HOT DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Lasagna Brussel Sprouts Italian Vegetable Blend Garlic Bread	2 Indian Butter Cauliflower & Chickpeas White Rice Peas	3 BBQ Pulled Pork Sandwich Baked Beans Succotash	4 CLOSED	5 Veggie Burger w/ Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears
8 BBQ Pulled Chicken Baby Bakers Corn Pudding	9 Cheese Lasagna Roll Ups w/ Roasted Red Pepper Sauce Parmesan Veggie Casserole Peas & Carrots	10 Meatloaf Baby Bakers Lima Beans	11 Turkey Burger w/ Cheddar & Guacamole Succotash Spinach	12 Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Roll w/ Butter
15 Teriyaki Turkey Rice Bowl w/ Pineapple Vegetable Spring Rolls Kyoto Vegetables Clementine	16 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter	17 Cheeseburger Baked Beans Corn	18 Creamy Garlic Pork Bites Mashed Yukon Potatoes Mixed Vegetables	19 BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter
22 Southwest Turkey Rice Casserole Mexican Roasted Sweet Potatoes Broccoli	23 Creamy Pesto Vegetable Tortellini Peas California Vegetable Blend Garlic Bread	24 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	25 Tropical Glazed Salmon over Brown Rice Kyoto Vegetable Blend Midori Vegetable Blend Hawaiian Roll w/ Butter	26 Beef Hot Dog Roasted Yukon Potatoes Succotash
29 Beef Lasagna Brussel Sprouts Italian Vegetable Blend Garlic Bread	30 Indian Butter Cauliflower & Chickpeas White Rice Peas	31 BBQ Pulled Pork Sandwich Baked Beans 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

JULY 2 INDIAN BUTTER CAULIFLOWER Cauliflower & garbanzo beans in a sauce consisting of butter, garlic, ginger, tomato sauce, yogurt, garam masala, cumin, cream & cilantro.	JULY 8 TEXMEX CHICKEN & ZUCHINNI BAKE 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.	JULY 18 CREAMY GARLIC PORK BITES 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.	JULY 25 TROPICAL GLAZED SALMON Salmon topped with a pineapple and tropical rum glaze.
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SourcePoint Meals on Wheels Program

JULY - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Egg Salad on Wheat Broccoli Craisin Salad w/ Almonds Mixed Fruit 	2 Caprese Chicken Salad Pesto Pasta Salad Pears Roll w/ Butter	3 Beef & Bleu Salad Roasted Broccoli, Quinoa, & Almond Salad Peaches Breadstick w/ Butter	4 CLOSED	5 Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish
8 Egg Salad on Croissant Swiss Cheese Cubes Hawaiian Fruit Salad w/ Coconut 	9 Chef Salad Pears Mini Blueberry Loaf Graham Crackers	10 Chicken Salad on Wheat Kale Lemon Caesar Salad Tropical Fruit Baby Carrots	11 Tomato, Cucumber, & Spinach Sandwich w/ Cheese Spread Mixed Fruit Strawberry Chex Mix 	12 Pesto Chickpea Veggie Salad Vanilla Yogurt Fresh Cut Fruit Garlic Bread
15 Ham & Swiss on Wheat Carrot Raisin Salad Fresh Cut Fruit	16 Roast Beef & Cheddar on Wheat Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	17 Curried Chicken Salad w/ Almonds Cucumber & Chickpea Salad Tropical Fruit Salad w/ Coconut Flatbread	18 Beet & Mandarin Orange Arugula Salad Pears Sliced Apples w/ Peanut Butter Mini Blueberry Loaf 	19 Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches
22 Tuna Pasta Salad Baby Carrots Topical Fruit Salad w/ Coconut 	23 BBQ Chicken Salad Pineapple Slaw Peaches Guacamole	24 Turkey & Swiss on Wheat Bacon Pea Ranch Salad Peaches	25 Peach Blueberry Almond & Spinach Salad 3 Bean Salad Corn Muffin 	26 Moroccan Barley Salad Moroccan Beet Salad Tropical Ambrosia
29 Egg Salad sandwich w/ Wheat Broccoli Craisin Salad w/ Almonds Mixed Fruit 	30 Caprese Chicken Salad Pesto Pasta Salad Pears Roll w/ Butter	31 Beef & Bleu Salad Roasted Broccoli, Quinoa, & Almond Salad Peaches Breadstick w/ Butter		

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HIGHLIGHTING MENU ITEMS

JULY 8 SALMON SALAD W/ CREAMY CILANTRO 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.	JULY 17 CURRIED CHICKEN SALAD Diced chicken, toasted almonds & red grapes mixed with a dressing of honey, curry powder, mayo & Greek yogurt. Served on a bed of mixed greens.	JULY 23 PINEAPPLE SLAW A jazzed cole slaw tossed with pineapple tidbits.	JULY 26 MOROCCAN BARLEY SALAD 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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