

NAME _____

SourcePoint Meals on Wheels Program

JULY - 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 |
|--|--|--|--|---|
| 1 BBQ Pork Loin Over Mashed Redskin Potatoes Succotash Brussel Sprouts | 2 Sloppy Joe Sandwich Roasted Yukon Potatoes Mixed Vegetables | 3 Pineapple Bourbon Glazed Chicken Asian Rice Salad Kyoto Vegetable Blend Midori Vegetable Blend | 4 CLOSED | 5 Potato Crusted Tilapia Lemon Herb Wild Rice Peas & Carrots Roll w/ Butter |
| 8 BBQ Pulled Chicken Baby Bakers Corn Pudding | 9 Beef Burger w/ Provolone, Onions & Mushrooms Roasted Yukon Potatoes Succotash | 10 Bacon, Asparagus & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables | 11 Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter | 12 Honey Lime Chicken Thigh Coconut Rice Green Beans Carrots |
| 15 Veggie Cakes w/ Ranch Sauteed Super Greens & White Beans Country Apples | 16 Pork Loin w/ Creamy Garlic & Spinach Sauce Mashed Redskin Potatoes Peas & Carrots | 17 Quinoa & Veggie Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick | 18 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Broccoli Mandarin Orange Jello Cup | 19 Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup |
| 22 Roasted Vegetable Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions | 23 Summer Seafood & Potato Bake Green Beans Kyoto Vegetable Blend | 24 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn | 25 Turkey Burger w/ Swiss & Carmelized Onions Roasted Roma Tomatoes Succotash | 26 Seared Lemon Chicken Mushroom Brown Rice Mixed Vegetables |
| 29 BBQ Pork Loin Over Mashed Redskin Potatoes Succotash Brussel Sprouts | 30 Sloppy Joe Sandwich Roasted Yukon Potatoes Mixed Vegetables | 31 Pineapple Bourbon Glazed Chicken Asian Rice Salad Kyoto Vegetable Blend Midori 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

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| JULY 3 ASIAN RICE A wonderfully made from scratch sauce consisting of garlic, ginger, soy sauce & sesame oil mixed with white rice and scrambled eggs. | JULY 12 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! | JULY 15 VEGGIE CAKES WITH RANCH Made from scratch veggie cakes consisting of broccoli, carrots, zucchini, breadcrumbs, cheese & garlic. Served with a side of ranch dressing. | JULY 23 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

JULY - COLD LOW SODIUM

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 1 Turkey & Swiss Wrap Kale Almond Side Salad Applesauce | 2 Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers Sliced Apples | 3 Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter | 4 CLOSED | 5 Hummus Veggie Sandwich on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn |
| 8 Egg Salad on Croissant Swiss Cheese Cubes Hawaiian Fruit Salad w/ Coconut | 9 Italian Chicken Wrap Carrot Raisin Salad Sliced Apples | 10 Egg Salad on Wheat Tomato Wedges Fresh Cut Fruit Trail Mix | 11 Beef & Summer Veggie Salad Mixed Fruit Animal Crackers | 12 Beet & Mandarin Orange Kale Salad Pears Blueberry Vanilla Bites |
| 15 Greek Chicken & Grain Salad Baby Carrots Broccoli Roasted Red Pepper Hummus Cup | 16 Hummus Veggie Sandwich Pineapple Pistachio Ambrosia White Cheddar Popcorn | 17 Strawberry Pecan Salmon Salad Tomato Wedges Fresh Cut Fruit Blueberry Nutrigrain Bar | 18 Caprese Steak Salad Pesto Pasta Salad Peaches Roll w/ Butter | 19 Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Loaf |
| 22 Summer Chicken BLT Salad Broccoli Craisin Salad w/ Almonds Fresh Cut Fruit Baby Carrots | 23 Black Bean Taco Dip Roasted Sweet Potato, Corn & Black Bean Salad Mandarin Oranges | 24 Dilled Pasta Salad w/ Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit | 25 Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples | 26 Cottage Cheese & Pineapple Plate Banana Muffin Trail Mix |
| 29 Turkey & Swiss Wrap Kale Almond Side Salad Applesauce | 30 Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers Sliced Apples | 31 Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter | | |

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Each meal comes with your selection of drink: Skim milk, 2% milk, low-fat chocolate milk, orange juice, apple juice.



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HIGHLIGHTING MENU ITEMS

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| JULY 3 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. | JULY 12 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! | JULY 19 SUPERFOOD SALAD Kale topped with roasted sweet potatoes, dried cherries, toasted almonds, and goat cheese. Served with honey mustard dressing. | JULY 26 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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