

NAME _____

SourcePoint Meals on Wheels Program

AUGUST - 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 Carolina BBQ Pulled Pork Sandwich Mac & Cheese Brussels Sprouts Sliced Apples	2 Corned Beef over Cabbage Spaetzle Carrots Applesauce Cup
5 Cheeseburger Brussels Sprouts Mixed Vegetable Casserole	6 Summer Veggie Pot Pie Broccoli Cauliflower	7 Peanut Tofu & Cauliflower Rice Stir-Fry Far East Vegetable Blend Vegetable Spring Rolls	8 Pork Loin w/ Peach Sauce Mashed Redskin Potatoes Peas & Carrots Roll w/ Butter	9 Hawaiian Turkey Meatballs over White Rice California Vegetable Blend Spinach Hawaiian Roll w/ Butter
12 Hot Dog w/ Coney Sauce Sauteed Super Greens w/ White Beans Green Beans	13 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	14 Roasted Veggie Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions	15 Baked Cod w/ Lemon Cream Sauce over Wild Rice Spinach Carrots Roll w/ Butter	16 Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Malibu Vegetable Blend Peas
19 Meatloaf Roasted Yukon Potatoes Green Beans	20 Turkey Burger w/ Cheddar & Tomato Jam Broccoli White Cheddar Popcorn	21 Cauliflower & Chickpea Curry Cilantro Rice Carrots	22 Shredded Pork Tinga w/ Queso Fresco & Tortilla Chips Corn & Black Beans Brussels Sprouts	23 Tuna Melt Stuffed Pepper Green Beans Malibu Vegetable Blend Cornbread
26 Broccoli Stuffed Chicken Mashed Redskin Potatoes Sauteed Super Greens w/ White Beans Roll w/ Butter	27 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	28 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Oriental Vegetable Blend	29 Carolina BBQ Pulled Pork Sandwich Mac & Cheese Brussels Sprouts Sliced Apples	30 Corned Beef over Cabbage Spaetzle Carrots Applesauce Cup

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

AUGUST 6 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.	AUGUST 7 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.	AUGUST 27 LOADED ROASTED CAULIFLOWER A white cheddar & cauliflower bisque garnished with cheddar cheese, green onions, and turkey bacon.	AUGUST 28 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.
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SourcePoint Meals on Wheels Program

AUGUST - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Steak Cobb Salad Pears Hawaiian Roll w/ Butter	2 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
5 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears	6 Seafood Salad Dilled Pasta Salad Tropical Fruit	7 Turkey Taco Salad Mexican Zucchini Salad Papaya & Mango Cup	8 Garden Salad Hard Boiled Eggs Pears Animal Crackers	9 Steak, Blueberry, & Pecan Spinach Salad Sliced Apples w/ Peanut Butter Blueberry Vanilla Bites
12 Chopped Mexican Salad w/ Lime Vinaigrette Watermelon Guacamole Cup Tortilla Chips	13 Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples	14 7 Layer Salad Chopped Roasted Vegetable & White Bean Pesto Salad Pears Hawaiian Roll w/ Butter	15 Italian Chopped Salad Mixed Fruit Cheddar Sun Chips	16 Tuna Salad over Salad Greens Veggie Pasta Salad Clementine
19 Egg Salad on Wheat Pesto White Bean & Arugula Salad Applesauce	20 Ham Salad on Wheat Tomato Wedges Apple Slices w/ Peanut Butter	21 Steak, Walnut & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	22 Roasted Tomato, Quinoa & Feta Arugula Salad 3 Bean Salad Grapes	23 Turkey & Swiss on Wheat Herby Cauliflower Salad w/ Chickpeas Peaches White Cheddar Popcorn
26 Guacamole Veggie Sandwich on Wheat Cheddar Cheese Cubes Applesauce	27 Corn, Zucchini & Arugula Salad 3 Bean Salad Watermelon Hawaiian Roll w/ Butter	28 Turkey & Mozzarella w/ Pesto Aioli on Wheat Roasted Zucchini Salad Pears	29 Steak Cobb Salad Pears Hawaiian Roll w/ Butter	30 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots

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HIGHLIGHTING MENU ITEMS

AUGUST 6 SEAFOOD SALAD Crab & shrimp mixed with celery, green peppers & onions. Tossed in a dressing of mayo, sour cream, lemon juice & zest with dill.	AUGUST 12 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.	AUGUST 15 ITALIAN CHOPPED SALAD Onions, tomatoes, yellow peppers, garbanzo beans, kale, romaine, artichoke hearts, basil & mozzarella balls tossed. Served with Italian dressing & parmesan cheese.	AUGUST 23 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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