

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**AUGUST - HOT DAILY**

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 Honey Mustard Chicken over Wild Rice Northwest Vegetable Blend Peas & Carrots Breadstick w/ Butter	2 Veggie Burger w/ Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears
5 TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans Applesauce Cup	6 Cheese Lasagna Roll Ups w/ Roasted Red Pepper Sauce Parmesan Veggie Casserole Peas & Carrots	7 Meatloaf Baby Bakers Lima Beans	8 Turkey Burger w/ Cheddar & Guacamole Succotash Spinach	9 Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Roll w/ Butter
12 Teriyaki Turkey Rice Bowl w/ Pineapple Vegetable Spring Rolls Kyoto Vegetables Clementine	13 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter	14 Cheeseburger Baked Beans Corn	15 Creamy Garlic Pork Bites Mashed Yukon Potatoes Mixed Vegetables	16 BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter
19 Southwest Turkey Rice Casserole Mexican Roasted Sweet Potatoes Broccoli	20 Creamy Pesto Vegetable Tortellini Peas California Vegetable Blend Garlic Bread	21 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick	22 Tropical Glazed Salmon over Brown Rice Kyoto Vegetable Blend Midori Vegetable Blend Hawaiian Roll w/ Butter	26 Beef Hot Dog Roasted Yukon Potatoes Succotash
26 Beef Lasagna Brussel Sprouts Italian Vegetable Blend Garlic Bread	27 Indian Butter Cauliflower & Chickpeas White Rice Peas	28 BBQ Pulled Pork Sandwich Baked Beans Succotash	29 Honey Mustard Chicken over Wild Rice Northwest Vegetable Blend Peas & Carrots Breadstick w/ Butter	30 Veggie Burger w/ Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears

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**

<b>AUGUST 5</b> 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	<b>AUGUST 15</b> 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.	<b>AUGUST 22</b> TROPICAL GLAZED SALMON Salmon topped with a pineapple and tropical rum glaze.	<b>AUGUST 27</b> INDIAN BUTTER CAULIFLOWER Cauliflower & garbanzo beans in a sauce consisting of butter, garlic, ginger, tomato sauce, yogurt, garam masala, cumin, cream & cilantro.
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## SourcePoint Meals on Wheels Program

# AUGUST - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Mediterranean Chickpea Salad Hummus w/ Pita Wedges Apricots	Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish
5	6	7	8	9
Salmon Salad w/ Creamy Cilantro Pineapple & Black Bean Salsa w/ Tortilla Chips Colby Cheese Stick	Chef Salad Pears Mini Blueberry Loaf Graham Crackers	Chicken Salad on Wheat Kale Lemon Caesar Salad Tropical Fruit Baby Carrots	Tomato, Cucumber, & Spinach Sandwich w/ Cheese Spread Mixed Fruit Strawberry Chex Mix	Pesto Chickpea Veggie Salad Vanilla Yogurt Fresh Cut Fruit Garlic Bread
12	13	14	15	16
Ham & Swiss on Wheat Carrot Raisin Salad Fresh Cut Fruit	Roast Beef & Cheddar on Wheat Honey Mustard Potato Salad Kale Almond Salad Sliced Apples	Curried Chicken Salad w/ Almonds Cucumber & Chickpea Salad Tropical Fruit Salad w/ Coconut Flatbread	Beet & Mandarin Orange Arugula Salad Pears Sliced Apples w/ Peanut Butter Mini Blueberry Loaf	Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches
19	20	21	22	23
Tuna Pasta Salad Baby Carrots Topical Fruit Salad w/ Coconut	BBQ Chicken Salad Pineapple Slaw Peaches Guacamole	Turkey & Swiss on Wheat Bacon Pea Ranch Salad Peaches	Peach Blueberry Almond & Spinach Salad 3 Bean Salad Corn Muffin	Moroccan Barley Salad Moroccan Beet Salad Tropical Ambrosia
26	27	28	29	30
Egg Salad sandwich w/ Wheat Broccoli Craisin Salad w/ Almonds Mixed Fruit	Caprese Chicken Salad Pesto Pasta Salad Pears Roll w/ Butter	Beef & Bleu Salad Roasted Broccoli, Quinoa, & Almond Salad Peaches Breadstick w/ Butter	Mediterranean Chickpea Salad Hummus w/ Pita Wedges Apricots	Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish

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### HIGHLIGHTING MENU ITEMS

<b>AUGUST 5</b> <b>SALMON SALAD W/ CREAMY CILANTRO</b> 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.	<b>AUGUST 14</b> <b>CURRIED CHICKEN SALAD</b> Diced chicken, toasted almonds & red grapes mixed with a dressing of honey, curry powder, mayo & Greek yogurt. Served on a bed of mixed greens.	<b>AUGUST 20</b> <b>PINEAPPLE SLAW</b> A jazzed cole slaw tossed with pineapple tidbits.	<b>AUGUST 23</b> <b>MOROCCAN BARLEY SALAD</b> 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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