












NAME _____

SourcePoint Meals on Wheels Program

AUGUST - 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 Portobello Fajitas Seasoned Black Beans Corn 	2 Potato Crusted Tilapia Lemon Herb Wild Rice Peas & Carrots Roll w/ Butter 
5 Southwest Vegan Bowl Stewed Tomatoes Malibu Vegetable Blend Hawaiian Roll w/ Butter 	6 Beef Burger w/ Swiss, Onions & Mushrooms Roasted Yukon Potatoes Succotash	7 Bacon, Asparagus & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables	8 Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter 	9 Honey Lime Chicken Thigh Coconut Rice Green Beans Carrots
12 Veggie Cakes w/ Ranch Sauteed Super Greens & White Beans Country Apples 	13 Pork Loin w/ Creamy Garlic & Spinach Sauce Mashed Redskin Potatoes Peas & Carrots	14 Quinoa & Veggie Stuffed Pepper w/ Feta Stewed Tomatoes Succotash 	15 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Broccoli Mandarin Orange Jello Cup 	16 Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup
19 Roasted Vegetable Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions 	20 Summer Seafood & Potato Bake Green Beans Kyoto Vegetable Blend 	21 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn	22 Turkey Burger w/ Swiss & Carmelized Onions Roasted Roma Tomatoes Succotash	23 Seared Lemon Chicken Mushroom Brown Rice Mixed Vegetables
26 BBQ Pork Loin Over Mashed Redskin Potatoes Succotash Brussel Sprouts	27 Sloppy Joe Sandwich Roasted Yukon Potatoes Mixed Vegetables	28 Pineapple Bourbon Glazed Chicken Asian Rice Salad Kyoto Vegetable Blend Midori Vegetable Blend	29 Portobello Fajitas Seasoned Black Beans Corn 	30 Potato Crusted Tilapia Lemon Herb Wild Rice Peas & Carrots Roll w/ Butter 

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 9 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	AUGUST 12 VEGGIE CAKES WITH RANCH Made from scratch veggie cakes consisting of broccoli, carrots, zucchini, breadcrumbs, cheese & garlic. Served with a side of ranch dressing.	AUGUST 20 SUMMER SEAFOOD BAKE Sauteed leeks, celery, mushrooms, & fresh herbs mixed with cod, salmon, shrimp, sour cream & Dijon. Topped with crisp smashed baby bakers.	AUGUST 28 ASIAN RICE A wonderfully made from scratch sauce consisting of garlic, ginger, soy sauce & sesame oil mixed with white rice and scrambled eggs.
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SourcePoint Meals on Wheels Program

AUGUST - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Tuna Salad over Salad Greens Chopped Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	Hummus Veggie Sandwich on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn
5	6	7	8	9
Mushroom, Egg, Bacon & Spinach Salad Chickpea & Kidney Bean Salad Pear Cup	Italian Chicken Wrap Carrot Raisin Salad Sliced Apples	Egg Salad on Wheat Tomato Wedges Fresh Cut Fruit Trail Mix	Beef & Summer Veggie Salad Mixed Fruit Animal Crackers	Beet & Mandarin Orange Kale Salad Pears Blueberry Vanilla Bites
12	13	14	15	16
Greek Chicken & Grain Salad Baby Carrots Broccoli Roasted Red Pepper Hummus Cup	Roasted Veggies on Wheat w/ Herbed Ricotta Watermelon White Cheddar Popcorn	Strawberry Pecan Salmon Salad Tomato Wedges Fresh Cut Fruit Blueberry Nutrigrain Bar	Caprese Steak Salad Pesto Pasta Salad Peaches Roll w/ Butter	Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Loaf
19	20	21	22	23
Summer Chicken BLT Salad Broccoli Craisin Salad w/ Almonds Fresh Cut Fruit Baby Carrots	Black Bean Taco Dip Roasted Sweet Potato, Corn & Black Bean Salad Mandarin Oranges	Dilled Pasta Salad w/ Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit	Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples	Cottage Cheese & Pineapple Plate Banana Muffin Trail Mix
26	27	28	29	30
Turkey & Swiss Wrap Kale Almond Side Salad Applesauce	Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers Sliced Apples	Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter	Tuna Salad over Salad Greens Chopped Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	Hummus Veggie Sandwich on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn

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HIGHLIGHTING MENU ITEMS

AUGUST 9 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!	AUGUST 16 SUPERFOOD SALAD Kale topped with roasted sweet potatoes, dried cherries, toasted almonds, and goat cheese. Served with honey mustard dressing.	AUGUST 23 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.	AUGUST 28 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.
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