

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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
2 CLOSED	3 NO DELIVERY	4 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	5 Pork Loin w/ Peach Sauce Mashed Redskin Potatoes Peas & Carrots Roll w/ Butter	6 Hawaiian Turkey Meatballs over White Rice California Vegetable Blend Spinach Hawaiian Roll w/ Butter
9 Hot Dog w/ Coney Sauce Sauteed Super Greens w/ White Beans Green Beans	10 Caprese Chicken w/ Bacon Roasted Yukon Potatoes Mixed Vegetables Roll w/ Butter	11 Roasted Veggie Stuffed Portobello Creamy Italian Stewed Chickpeas Peas & Pearl Onions 	12 Baked Cod w/ Lemon Cream Sauce over Wild Rice Spinach Carrots Roll w/ Butter 	13 Pork Meatballs w/ Coconut Herb Sauce Cauliflower Rice Malibu Vegetable Blend Peas
16 Meatloaf Roasted Yukon Potatoes Green Beans	17 Turkey Burger w/ Cheddar & Tomato Jam Broccoli White Cheddar Popcorn	18 Cauliflower & Chickpea Curry Cilantro Rice Carrots 	19 Shredded Pork Tinga w/ Queso Fresco & Tortilla Chips Corn & Black Beans Brussels Sprouts	20 Tuna Melt Stuffed Pepper Green Beans Malibu Vegetable Blend Cornbread
23 Broccoli Stuffed Chicken Mashed Redskin Potatoes Sauteed Super Greens w/ White Beans Roll w/ Butter	24 Loaded Roasted Cauliflower w/ Turkey Bacon Baked Beans Cinnamon Spiced Peaches	25 Thai Lemongrass Vegetable Curry over Wild Rice Thai Vegetable Potstickers Oriental Vegetable Blend 	26 Carolina BBQ Pulled Pork Sandwich Mac & Cheese Brussels Sprouts Sliced Apples	27 Corned Beef over Cabbage Spaetzle Carrots Applesauce Cup
30 Cheeseburger Brussels Sprouts Mixed Vegetable Casserole				

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

<p>SEPTEMBER 24 LOADED ROASTED CAULIFLOWER A white cheddar & cauliflower bisque garnished with cheddar cheese, green onions, and turkey bacon.</p>	<p>SEPTEMBER 25 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.</p>		
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SourcePoint Meals on Wheels Program

SEPTEMBER - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 NO DELIVERY	4 Taco Salad Tropical Fruit Cornbread	5 Garden Salad Hard Boiled Eggs Pears Animal Crackers 	6 Steak, Blueberry, & Pecan Spinach Salad Sliced Apples w/ Peanut Butter Blueberry Vanilla Bites
9 Chopped Mexican Salad w/ Lime Vinaigrette Watermelon Guacamole Cup  Tortilla Chips	10 Turkey Salad on Wheat Broccoli Craisin Salad w/ Almonds Sliced Apples	11 7 Layer Salad Chopped Roasted Vegetable & White Bean Pesto Salad Pears Hawaiian Roll w/ Butter	12 Italian Chopped Salad Mixed Fruit Cheddar Sun Chips 	13 Tuna Salad over Salad Greens Veggie Pasta Salad Clementine 
16 Egg Salad on Wheat Pesto White Bean & Arugula Salad Applesauce 	17 Ham Salad on Wheat Tomato Wedges Apple Slices w/ Peanut Butter	18 Steak, Walnut & Bleu Cheese Salad Baby Carrots Tropical Fruit Roll w/ Butter	19 Roasted Tomato, Quinoa & Feta Arugula Salad 3 Bean Salad Grapes 	20 Turkey & Swiss on Wheat Herby Cauliflower Salad w/ Chickpeas Peaches White Cheddar Popcorn
23 Guacamole Veggie Sandwich on Wheat Cheddar Cheese Cubes Applesauce 	24 Corn, Zucchini & Arugula Salad 3 Bean Salad Watermelon Hawaiian Roll w/ Butter 	25 Turkey & Mozzarella w/ Pesto Aioli on Wheat Roasted Zucchini Salad Pears	26 Steak Cobb Salad Pears Hawaiian Roll w/ Butter	27 Chicken Salad Wrap Bacon Pea Ranch Salad Baby Carrots
30 Mozzarella, Tomato & Chickpea Salad Italian Pasta Salad Pears 				

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HIGHLIGHTING MENU ITEMS

<p>SEPTEMBER 9 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</p>	<p>SEPTEMBER 12 ITALIAN CHOPPED SALAD Onions, tomatoes, yellow peppers, garbanzo beans, kale, romaine, artichoke hearts, basil & mozzarella balls tossed. Served with Italian dressing & parmesan cheese.</p>	<p>SEPTEMBER 20 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.</p>	
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