

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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 |
|--|--|--|---|---|
| 2 CLOSED | 3 NO DELIVERY | 4 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots | 5 Turkey Burger w/ Cheddar & Guacamole Succotash Spinach | 6 Sliced Brat w/ Sauerkraut Roasted Redskin Potatoes Mixed Vegetables Roll w/ Butter |
| 9 Teriyaki Turkey Rice Bowl w/ Pineapple Vegetable Spring Rolls Kyoto Vegetables Clementine | 10 Vegetable Lasagna Italian Stewed Chickpeas Peas & Carrots Roll w/ Butter | 11 Cheeseburger Baked Beans Corn | 12 Creamy Garlic Pork Bites Mashed Yukon Potatoes Mixed Vegetables | 13 BBQ Chicken Grain Bowl Stewed Tomatoes Green Beans Hawaiian Roll w/ Butter |
| 16 Southwest Turkey Rice Casserole Mexican Roasted Sweet Potatoes Broccoli | 17 Creamy Pesto Vegetable Tortellini Peas California Vegetable Blend Garlic Bread | 18 Caprese Chicken Baby Bakers Mixed Vegetables Garlic Breadstick | 19 Tropical Glazed Salmon over Brown Rice Kyoto Vegetable Blend Midori Vegetable Blend Hawaiian Roll w/ Butter | 20 Beef Hot Dog Roasted Yukon Potatoes Succotash |
| 23 Beef Lasagna Brussel Sprouts Italian Vegetable Blend Garlic Bread | 24 Indian Butter Cauliflower & Chickpeas White Rice Peas | 25 BBQ Pulled Pork Sandwich Baked Beans Succotash | 26 Honey Mustard Chicken over Wild Rice Northwest Vegetable Blend Peas & Carrots Breadstick w/ Butter | 27 Veggie Burger w/ Cheddar & Guacamole Roasted Redskin Potatoes Maple Spiced Pears |
| 30 TexMex Chicken & Zucchini Bake Corn Pudding Bake Green Beans 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

| | | | |
|---|--|---|--|
| SEPTEMBER 12 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. | SEPTEMBER 19 TROPICAL GLAZED SALMON Salmon topped with a pineapple and tropical rum glaze. | SEPTEMBER 24 INDIAN BUTTER CAULIFLOWER Cauliflower & garbanzo beans in a sauce consisting of butter, garlic, ginger, tomato sauce, yogurt, garam masala, cumin, cream & cilantro. | SEPTEMBER 30 TEXMEX CHICKEN & ZUCHINI 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 cream. |
|---|--|---|--|

SourcePoint Meals on Wheels Program

SEPTEMBER - COLD 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 |
|--|--|---|--|---|
| 2 CLOSED | 3 NO DELIVERY | 4 Taco Salad Tropical Fruit Cornbread | 5 Tomato, Cucumber, & Spinach Sandwich w/ Cheese Spread Mixed Fruit Strawberry Chex Mix | 6 Pesto Chickpea Veggie Salad Vanilla Yogurt Fresh Cut Fruit Garlic Bread |
| 9 Ham & Swiss on Wheat Carrot Raisin Salad Fresh Cut Fruit | 10 Roast Beef & Cheddar on Wheat Honey Mustard Potato Salad Kale Almond Salad Sliced Apples | 11 Curried Chicken Salad w/ Almonds Cucumber & Chickpea Salad Tropical Fruit Salad w/ Coconut Flatbread | 12 Beet & Mandarin Orange Arugula Salad Pears Sliced Apples w/ Peanut Butter Mini Blueberry Loaf | 13 Italian Tortellini Pasta Salad Tuscan White Bean Salad Peaches |
| 16 Tuna Pasta Salad Baby Carrots Topical Fruit Salad w/ Coconut | 17 BBQ Chicken Salad Pineapple Slaw Peaches Guacamole | 18 Turkey & Swiss on Wheat Bacon Pea Ranch Salad Peaches | 19 Peach Blueberry Almond & Spinach Salad 3 Bean Salad Corn Muffin | 20 Moroccan Barley Salad Moroccan Beet Salad Tropical Ambrosia |
| 23 Egg Salad on Wheat Broccoli Craisin Salad w/ Almonds Mixed Fruit | 24 Caprese Chicken Salad Pesto Pasta Salad Pears Roll w/ Butter | 25 Beef & Bleu Salad Roasted Broccoli, Quinoa, & Almond Salad Peaches Breadstick w/ Butter | 26 Mediterranean Chickpea Salad Hummus w/ Pita Wedges Apricots | 27 Ranch Turkey Wrap Kale, Sweet Potato, & Quinoa Salad Applesauce Goldfish |
| 30 Salmon Salad w/ Creamy Cilantro Pineapple & Black Bean Salsa w/ Tortilla Chips Colby Cheese Stick | | | | |

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

| | | | |
|--|---|---|---|
| SEPTEMBER 11 CURRIED CHICKEN SALAD Diced chicken, toasted almonds & red grapes mixed with a dressing of honey, curry powder, mayo & Greek yogurt. Served on a bed of mixed greens. | SEPTEMBER 17 PINEAPPLE SLAW A jazzed cole slaw tossed with pineapple tidbits. | SEPTEMBER 20 MOROCCAN BARLEY SALAD 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. | SEPTEMBER 30 SALMON SALAD W/ CREAMY CILANTRO 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. |
|--|---|---|---|