

NAME _____

SourcePoint Meals on Wheels Program

SEPTEMBER - 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
2 CLOSED	3 NO DELIVERY	4 Roasted Vegetable Lasagna Italian Vegetable Blend Peas & Carrots 	5 Cod w/ White Wine Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter 	6 Honey Lime Chicken Thigh Coconut Rice Green Beans Carrots
9 Veggie Cakes w/ Ranch Sauteed Super Greens & White Beans Country Apples 	10 Pork Loin w/ Creamy Garlic & Spinach Sauce Mashed Redskin Potatoes Peas & Carrots	11 Quinoa & Veggie Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick 	12 BBQ Chickpea & Quinoa Bowl Roasted Zucchini Broccoli Mandarin Orange Jello Cup 	13 Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup
16 Roasted Vegetable Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions 	17 Summer Seafood & Potato Bake Green Beans Kyoto Vegetable Blend 	18 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn	19 Turkey Burger w/ Swiss & Caramelized Onions Roasted Roma Tomatoes Succotash	20 Seared Lemon Chicken Mushroom Brown Rice Mixed Vegetables
23 BBQ Pork Loin Over Mashed Redskin Potatoes Succotash Brussel Sprouts	24 Sloppy Joe Sandwich Roasted Yukon Potatoes Mixed Vegetables	25 Pineapple Bourbon Glazed Chicken Asian Rice Salad Kyoto Vegetable Blend Midori Vegetable Blend	26 Portobello Fajitas Seasoned Black Beans Corn 	27 Potato Crusted Tilapia Lemon Herb Wild Rice Peas & Carrots Roll w/ Butter
30 Southwest Vegan Bowl Stewed Tomatoes Malibu Vegetable Blend Hawaiian 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







<p>SEPTEMBER 6 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</p>	<p>SEPTEMBER 9 VEGGIE CAKES WITH RANCH Made from scratch veggie cakes consisting of broccoli, carrots, zucchini, breadcrumbs, cheese & garlic. Served with a side of ranch dressing.</p>	<p>SEPTEMBER 17 SUMMER SEAFOOD BAKE Sauteed leeks, celery, mushrooms, & fresh herbs mixed with cod, salmon, shrimp, sour cream & Dijon. Topped with crisp smashed baby potatoes.</p>	<p>SEPTEMBER 25 ASIAN RICE A wonderfully made from scratch sauce consisting of garlic, ginger, soy sauce & sesame oil mixed with white rice and scrambled eggs.</p>
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SourcePoint Meals on Wheels Program

SEPTEMBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 NO DELIVERY	4 Taco Salad Tropical Fruit Cornbread	5 Beef & Summer Veggie Salad Mixed Fruit Animal Crackers	6 Beet & Mandarin Orange Kale Salad Pears Blueberry Vanilla Bites 
9 Greek Chicken & Grain Salad Baby Carrots Broccoli Roasted Red Pepper Hummus Cup	10 Roasted Veggie Sandwich Watermelon White Cheddar Popcorn 	11 Strawberry Pecan Salmon Salad Tomato Wedges Fresh Cut Fruit Blueberry Nutrigrain Bar 	12 Caprese Steak Salad Pesto Pasta Salad Peaches Roll w/ Butter	13 Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Loaf 
16 Summer Chicken BLT Salad Broccoli Craisin Salad w/ Almonds Fresh Cut Fruit Baby Carrots	17 Black Bean Taco Dip Roasted Sweet Potato, Corn & Black Bean Salad Mandarin Oranges 	18 Dilled Pasta Salad w/ Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit 	19 Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples	20 Cottage Cheese & Pineapple Plate Banana Muffin Trail Mix 
23 Turkey & Swiss Wrap Kale Almond Side Salad Applesauce	24 Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers 	25 Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter 	26 Tuna Salad over Salad Greens Chopped Roasted Vegetable & White Bean Pesto Salad Mixed Fruit 	27 Hummus Veggie Sandwich on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn 
30 Mushroom, Egg, Bacon & Spinach Salad Chickpea & Kidney Bean Salad Swiss Cheese Cubes Pear Cup				

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HIGHLIGHTING MENU ITEMS

SEPTEMBER 6 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!	SEPTEMBER 13 SUPERFOOD SALAD Kale topped with roasted sweet potatoes, dried cherries, toasted almonds, and goat cheese. Served with honey mustard dressing.	SEPTEMBER 20 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.	SEPTEMBER 25 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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