

NAME _____

SourcePoint Meals on Wheels Program

OCTOBER - HOT CARB CONTROL

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 Baked Tilapia Over Spinach Mushroom Brown Rice Carrots 	2 Mushroom Quinoa Patty w/ Swiss Roasted Tomatoes Brussel Sprouts Apple Slices 	3 Meatloaf Whipped Cauliflower Mixed Vegetables	4 Broccoli Cheddar Squash Bake Cheesy Tomato & White Beans Green Beans Roll w/ Butter
7 Brussel Sprout & Bacon Pesto Pasta Peas Cinnamon Spiced Peaches	8 Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potato Tortilla Chips	9 Veggie Burger w/ Cheddar Broccoli Warm Applesauce 	10 Spinach Artichoke Stuffed Portobella White Bean & Tomato Ragout Maple Spiced Pears 	11 CLOSED
14 NO DELIVERY	15 Manicotti & Marinara California Vegetable Blend Peas & Pearl Onions 	16 Spinach & Mushroom Stuffed Shells Cinnamon Spiced Peaches Carrots Roll w/ Butter 	17 Chicken TexMex Casserole Sauted Super Greens Succotash	18 BBQ Pork Loin w/ Peach BBQ Sauce Roasted Redskin Potatoes Mixed Vegetables
21 Turkey Meatloaf Roasted, Yukon Potatoes Mixed Vegetable	22 Beef Shepherds Pie Green Beans Malibu Vegetable Blend Clementine	23 Mushroom & Swiss Quiche Herbed, Roasted Potatoes Carrots 	24 Spinach Artichoke Spaghetti Squash Casserole Italian Quinoa Baked Pears 	25 Balsamic Glazed Salmon Over Rice Peas & Peal Onions Brussel Sprouts
28 Cubed Pork with Herbed Pork Gravy Mashed Yukon Potaotes Peas	29 Baked Tilapia Over Spinach Mushroom Brown Rice Carrots 	30 Mushroom Quinoa Patty w/ Swiss Roasted Tomatoes Brussel Sproutes Apple Slices 	31 Meatloaf Whipped Cauliflower Mixed Vegetables	

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

OCTOBER 4 Broccoli Cheddar Squash Bake Broccoli cheddar sauce blended together with fresh spaghetti squash, broccoli, and topped with fried onions.	OCTOBER 8 Turkey Taco Stuffed Pepper Fresh green pepper filled to the brim with heaping scoops of a turkey taco filling. Topped with shredded cheddar and served with sour cream on the side.	OCTOBER 18 BBQ Pork Loin w/ Peach BBQ Two pork loin slices topped with a house blended BBQ Sauce using caramelized peaches.	OCTOBER 22 Beef Shepherds Pie Savory and traditional beef mixture that consists of diced carrots, celery, onions, and peas, topped with a delicious layer of cheesy mashed potatoes.
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SourcePoint Meals on Wheels Program

OCTOBER - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Bacon Ranch Wrap Cauliflower Chickpea Salad Sliced Apples	2 Turkey & Cheddar w/ Bun Harvest Slaw w/ Sunflower Seeds Baby Carrots	3 Salmon Cobb Salad 3 Bean Salad Pears Roll w/ Butter	4 Chef Salad w/ Turkey & Ham Chickpea & Kidney Bean Salad Tropical Ambrosia
7 Black Bean Taco Dip Mexican Zucchini Salad Clementine	8 Mediterranean Chickpea Tuna Salad Broccoli Florets Hummus & Pita	9 BLT Chicken Salad Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	10 Southwest Salad w/ Beef Peaches Fritos	11 CLOSED
14 NO DELIVERY	15 Turkey & Swiss on Wheat Mandarin Oranges Strawberry Chex Mix	16 Roasted Vegetable & Chicken Salad Tropical Fruit Pita	17 Egg Salad on Wheat Kale Salad w/ Pecans Sliced Apples	18 Beet, Almond, Arugula & Feta Salad Pears Mini Blueberry Loaf
21 Greek Dip w/ Pita Chips Baby Carrots Broccoli Florets	22 Ham & Swiss on Wheat Kale Almond Salad Tropical Fruit	23 Tuna Pasta Salad Kale Lemon Caesar Salad Tomato Wedges Mixed Fruit Cup	24 Turkey Salad w/ Pecans Wrap Roasted Root Vegetable & White Bean Salad Pears	25 Black Bean Taco Salad Tropical Fruit Salad w/ Coconut
28 5 Bean Salad w/ Mustard Vinaigrette Cheddar Cheese Cubes Peaches Crackers	29 Chicken Bacon Ranch Wrap Cauliflower Chickpea Salad Sliced Apples	30 Turkey & Cheddar w/ Bun Harvest Slaw w/ Sunflower Seeds Baby Carrots	31 Salmon Cobb Salad 3 Bean Salad Pears Roll w/ Butter	

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HIGHLIGHTING MENU ITEMS

OCTOBER 2 Harvest Slaw w/ Sunflower Seeds A delicious, seasonal blend of Apples, Craisins, and sunflower seeds to kick up a traditional cole slaw.	OCTOBER 10 Southwest Salad w/ Beef Fresh Romaine lettuce topped with a house made black bean and corn salsa, ground beef, and topped with shredded cheese and ranch on the side.	OCTOBER 16 Roasted Vegetable & Chicken Salad A bed of spinach topped with a delicious chickpea and roasted vegetable mixture accompanied with small diced chicken, and finished with feta cheese crumbles.	OCTOBER 24 Turkey Salad w/ Pecans Wrap The perfect Fall wrap, with small diced chunks of roasted turkey combined with fresh celery, onions, craisins, and pecan pieces. All wrapped up into a delicious tortilla.
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