

NAME _____

SourcePoint Meals on Wheels Program

OCTOBER - 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
	1 Creamy Tomato Pasta Sautéed Vegetables Malibu Vegetable Blend Mixed Fruit Cup	2 Potato Crusted Tilapia Over Rice Broccoli Mixed Vegetable Casserole	3 Turkey Over Apple Cider Stuffing & Gravy Succotash Green Beans	4 Veggie Burrito Bowl w/ Salsa Cinnamon Spiced Peaches
7 Philly Sandwich Herb Roasted Redskin Potato Succotash	8 Veggie Burger w/ White Cheddar & Guac Roasted Yukon Potatoes Cali Vegetable Blend	9 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup	10 Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches	11 CLOSED
14 NO DELIVERY	15 Manicotti & Marinara California Vegetable Blend Peas & Pearl Onions	16 Tuscan Shrimp Over Rice Italian Vegetable Blend Mixed Fruit Cup	17 Turkey Pot Pie Green Beans Broccoli Sliced Apples	18 Meatball Sub Malibu Vegetable Blend Baked Pears
21 Root Beer Braised Pork Over Mashed Potatoes Mixed Vegetables Maple Spiced Peaches	22 Tuscan White Beans, Kale & Sundried Tomatoes Country Apples Malibu Vegetable Blend Garlic Bread	23 Turkey Burger w/ Gouda Roasted Sweet Potatoes, Black Beans & Corn Blend Roasted Romas	24 Stuffed Cabbage Roasted Redskin Potatoes Carrots Roll w/ Butter	25 Roasted Vegetable Pasta Bake Peas Cinnamon Spiced Pears
28 Meatloaf Sandwich Roasted Yukon Potatoes Peas & Pearl Onions	29 Creamy Tomato Pasta Sautéed Mushroom, Onions & Green Beans Malibu Vegetable Blend Mixed Fruit Cup	30 Potato Crusted Tilapia Over Rice Broccoli Mixed Vegetable Casserole	31 Turkey Over Apple Cider Stuffing w/ Gravy Succotash Green Beans	

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 3 Turkey Over Stuffing & Gravy Cranberry, apple cider stuffing topped with sliced roasted turkey breast, covered in a delicious poultry gravy	OCTOBER 10 Turkey Chili Stuffed Sweet Potato A fresh baked sweet potato loaded with a house made chili made of seasoned ground turkey, onions, peppers, and topped with shredded cheddar and sour cream.	OCTOBER 17 Turkey Pot Pie Fresh Carrots, onions, and celery cooked tender and mixed with turkey and a creamy poultry gravy, served with a fresh baked biscuit.	OCTOBER 25 Roasted Vegetable Pasta Bake A roasted variety of peppers, zucchini, yellow squash, mushrooms, and onions blended together with penne pasta, marinara, and a cheese blend.
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SourcePoint Meals on Wheels Program

OCTOBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit	2 Pesto Tortellini Pasta Salad w/ Pepperoni Tomato, White Bean & Arugula Salad Mixed Fruit	3 Garden Salad w/ Honey Mustard Cottage Cheese Pears Apple Cinnamon Muffin	4 Pecan Chicken Salad Wrap Honey Mustard Potato Salad Carrot Raisin Salad
7 Roasted Red Pepper Hummus w/ Pita Baby Carrots Broccoli Apricots	8 Chicken Caesar Wrap 3 Bean Salad Mixed Fruit	9 Turkey Club Sandwich Potato Salad Fresh Cut Fruit	10 Cranberry, Quinoa, Pecan, Kale Salad Kidney Bean & Chickpea Salad Mandarin Oranges	11 CLOSED
14 NO DELIVERY	15 Turkey & Swiss on Wheat Mandarin Oranges Strawberry Chex Mix	16 Roast Beef & White Cheddar on Wheat Broccoli Craisin Salad w/ Almonds Tropical Fruit	17 Autumn Salad w/ Pecans Pears Roll w/ Butter	18 Tuna Salad & Provolone on Wheat Creamy Cucumber & Chickpea Salad Mixed Fruit
21 Roasted Brussel Sprouts & Quinoa Salad w/ Almonds Baby Carrots Pears	22 Citrus Chicken Salad on Croissant Kale Almond Salad Tropical Fruit	23 Steak Greek Salad Apricots Pita	24 Egg Salad on Wheat 3 Bean Salad Fruit Salad	25 BLT on Wheat Coleslaw Mixed Fruit White Cheddar Popcorn
28 Turkey & Swiss on Wheat Kale & Sweet Potato Salad Applesauce	29 Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit	30 Pesto Tortellini Pasta Salad w/ Pepperoni Tomato, White Bean & Arugula Salad Mixed Fruit	31 Garden Salad w/ Honey Mustard Cottage Cheese Pears Apple Cinnamon Muffin	

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HIGHLIGHTING MENU ITEMS

OCTOBER 4 Pecan Chicken Salad Wrap A Fall twist on chicken salad with cranberries and pecans blended together and served with a tortilla wrap.	OCTOBER 10 Cranberry, Quinoa, Pecan, Kale Salad Fresh kale with cranberries, pecans, and quinoa tossed together and topped with goat cheese along with a raspberry vinaigrette dressing to create the perfect fall salad.	OCTOBER 17 Autumn Salad w/ Pecans Beets, garbanzo beans, roasted butternut squash, and toasted pecans laid over a fresh bed of spring mix topped with goat cheese crumbles and served with a side of balsamic vinaigrette.	
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