











NAME _____

SourcePoint Meals on Wheels Program

OCTOBER - 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
	1 BBQ Pulled Pork Mashed Redskin Potatoes Succotash Mandarin Oranges	2 Honey Mustard Chicken Over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup	3 Pesto Veg & Spaghetti Squash Bake Italian Stewed Chickpeas Cauliflower  Breadstick	4 Johnny Marzetti Brussel Sprouts California Veggie Blend
7 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans  Peach Cup	8 Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Country Apples Nutrigrain Blueberry Bar	9 Burger w/ Swiss Roasted Yukon Potatoes Corn	10 Salmon Patty w/ Lemon Sauce Roasted Yukon Potatoes Mixed Vegetables Tropical Fruit Cup 	11 CLOSED
14 NO DELIVERY	15 Manicotti & Marinara California Vegetable Blend Peas & Pearl Onions 	16 Portobello Mushroom Burger Roasted Potatoes Maple Spiced Pears 	17 Lasagna Roll Up w/ Butternut Squash & Sage Sauce Green Beans  Broccoli  Clementine	18 Cheesy Chicken, Broccoli, Mushroom Rice Casserole Carrots Peas
21 Spaghetti w/ Meatballs Peas & Carrots Sauteed Vegetables	22 Turkey, Barley Jambalaya Brussel Sprouts Cornbread	23 Cubed Pork w/ Apple Cider Dijon Sauce Roasted Potatoes Mixed Vegetables	24 Chickpea & Vegetable Bowl Roasted Root Vegetables Cinnamon Spiced Peaches 	25 Spinach & Atrichoke Chicken Mashed Redskin Potatoes Lima Beans
28 Vegetable Chili Green Beans Cinnamon Sliced Peaches Cornbread 	29 BBQ Pulled Pork Mased Redskin Potatoes Succotash Mandarin Oranges	30 Honey Mustard Chicken Over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup	31 Pesto Veg & Spaghetti Squash Bake Italian Stewed Chickpeas Cauliflower  Breadstick	

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 Pesto Veg & Spaghetti Squash Bake Roasted spaghetti squash mixed with sautéed vegetables and fresh pesto, topped with shredded mozzarella for a light, delicious dish.	OCTOBER 17 Lasagna Roll Up w/ Butternut Squash Smooth butternut squash and sage sauce blended with cream and parmesan, served over lasagna roll-ups and topped with additional parmesan.	OCTOBER 22 Turkey, Barley Jambalaya Hearty barley, ground turkey, and vegetables simmered with tomatoes and oregano for a flavorful, nutritious dish.	OCTOBER 23 Cubed Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider-dijon sauce.
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SourcePoint Meals on Wheels Program

OCTOBER - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Autumn Roasted Vegetable Salad Mixed Fruit 	2 Fall Rainbow Salad w/ Cashews Tropical Ambrosia Mini Banana Bread Loaf 	3 Pear Bacon Salad w/ Pecans Broccoli Craisin Salad w/ Almonds Mini Blueberry Loaf	4 Wild Rice, Butternut Squash Craisin & Pecan Salad 3 Bean Salad Cinnamon Spiced Pears
7 Turkey & Cranberry Wrap Kale, Sweet Potato & Quinoa Salad Sliced Apples	8 Roasted Potato & Green Bean Salad Fresh Cut Fruit Cornbread 	9 Fall Farro Salad w/ Pecans Pears 	10 Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	11 CLOSED
14 NO DELIVERY	15 Turkey & Swiss on Wheat Mandarin Oranges Strawberry Chex Mix	16 Cranberry Pecan Harvest Salad w/ Turkey Pears Cinnamon Apple Muffin	17 Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix 	18 Roasted Veggie Hummus Dip w/ Pita Apricots
21 Chicken Italian Wrap Roasted Vegetable Salad Pears	22 Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Muffin 	23 PB&J Uncrustable Carrots & Broccoli Fresh Fruit 	24 Broccoli Bacon Ranch Pasta Salad Kale, Almond Salad Sliced Apples & Peanut Butter	25 Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peacehs Blueberry Vanilla Bites
28 Chicken Salad Vegetable Quinoa Salad Pears Strawberry Chex Mix	29 Autumn Roasted Vegetable Salad Mixed Fruit 	30 Fall Rainbow Salad w/ Cashews Tropical Ambrosia Mini Banana Bread Loaf 	31 Pear Bacon Salad w/ Pecans Broccoli Craisin Salad w/ Almonds Mini Blueberry Loaf	

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HIGHLIGHTING MENU ITEMS

OCTOBER 1 Autumn Roasted Vegetable Salad Roasted Brussels sprouts, sweet potatoes, butternut squash, parsnips, and beans mixed with arugula and goat cheese.	OCTOBER 2 Fall Rainbow Salad w/ Cahsews Mixed broccoli, cauliflower, peppers, garbanzo beans, and kale blend, served over romaine topped with cashews and goat cheese, with honey french dressing.	OCTOBER 7 Turkey & Cranberry Wrap House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	OCTOBER 9 Fall Farro Salad w/ Pecans Ancient grain Farro, roasted Brussels sprouts, root vegetables, kale, pecans, and dried cranberries tossed together, topped with goat cheese, served with balsamic dressing on the side.
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