

NAME _____

SourcePoint Meals on Wheels Program

NOVEMBER - 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 Veggie Burrito Bowl w/ Salsa Cinnamon Spiced Peaches
4 Philly Sandwich Herb Roasted Redskin Potato Succotash	5 Veggie Burger w/ White Cheddar & Guac Roasted Yukon Potatoes Cali Vegetable Blend	6 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup	7 Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches	8 Creamy Tortellini w/ Bacon Green Beans Malibu Veggie Blend
11 Keilbassa over Cabbage Potatoes O'Brien Carrots	12 White Cheddar Mac-N-Cheese Stewed Tomatoes Mixed Veggies	13 Tuscan Shrimp Over Rice Italian Vegetable Blend Mixed Fruit Cup	14 Turkey Pot Pie Green Beans Broccoli Sliced Apples	15 Meatball Sub Malibu Vegetable Blend Baked Pears
18 Root Beer Braised Pork Over Mashed Potatoes Mixed Vegetables Maple Spiced Peaches	19 Tuscan White Beans, Kale & Sundried Tomatoes Country Apples Malibu Vegetable Blend Garlic Bread	20 Turkey Burger w/ Gouda Roasted Sweet Potatoes, Black Beans & Corn Blend Roasted Romas	21 Stuffed Cabbage Roasted Redskin Potatoes Carrots Roll w/ Butter	22 Roasted Vegetable Pasta Bake Peas Cinnamon Spiced Pears
25 Meatloaf Sandwich Roasted Yukon Potatoes Peas & Pearl Onions	26 Creamy Tomato Pasta Sautéed Mushroom, Onions & Green Beans Malibu Vegetable Blend Mixed Fruit Cup	27 Potato Crusted Tilapia Over Rice Broccoli Mixed Vegetable Casserole	28 CLOSED	29 CLOSED

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

NOVEMBER 7 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.	NOVEMBER 14 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.	NOVEMBER 22 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

NOVEMBER - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pecan Chicken Salad Wrap Honey Mustard Potato Salad Carrot Raisin Salad
4 Roasted Red Pepper Hummus w/ Pita Baby Carrots Broccoli Apricots	5 Chicken Caesar Wrap 3 Bean Salad Mixed Fruit	6 Turkey Club Sandwich Potato Salad Fresh Cut Fruit	7 Cranberry, Quinoa, Pecan, Kale Salad Kidney Bean & Chickpea Salad Mandarin Oranges	8 Grilled Salmon Salad Dilled Pasta Salad Pears Roll & Butter
11 Calico Salad Peaches Cornbread	12 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Caesar Salad Fresh Fruit Cup	13 Roast Beef & White Cheddar on Wheat Broccoli Craisin Salad w/ Almonds Tropical Fruit	14 Autumn Salad w/ Pecans Pears Roll w/ Butter	15 Tuna Salad & Provolone on Wheat Creamy Cucumber & Chickpea Salad Mixed Fruit
18 Roasted Brussel Sprouts & Quinoa Salad w/ Almonds Baby Carrots Pears	19 Citrus Chicken Salad on Croissant Kale Almond Salad Tropical Fruit	20 Steak Greek Salad Apricots Pita	21 Egg Salad on Wheat 3 Bean Salad Fruit Salad	22 BLT on Wheat Coleslaw Mixed Fruit White Cheddar Popcorn
25 Turkey & Swiss on Wheat Kale & Sweet Potato Salad Applesauce	26 Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit	27 Pesto Tortellini Pasta Salad w/ Pepperoni Tomato, White Bean & Arugula Salad Mixed Fruit	28 CLOSED	29 CLOSED

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HIGHLIGHTING MENU ITEMS

NOVEMBER 1 Pecan Chicken Salad Wrap A Fall twist on chicken salad with cranberries and pecans blended together and served with a tortilla wrap.	NOVEMBER 7 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.	NOVEMBER 14 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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