

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**NOVEMBER - 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 Johnny Marzetti Brussel Sprouts California Veggie Blend
4 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peach Cup	5 Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Country Apples Nutrigrain Blueberry Bar	6 Burger w/ Swiss Roasted Yukon Potatoes Corn	7 Salmon Patty w/ Lemon Sauce Roasted Yukon Potatoes Mixed Vegetables Tropical Fruit Cup	8 Chicken Wild Rice Casserole Peas & Pearl Onions Corn Muffin Sliced Apples
11 Meatloaf Roasted Redskin Potatoes Broccoli Peach Cup Roll w/ Butter	12 Roasted Turkey w/ Gravy Whipped Sweet Potatoes Mixed Veggies Mixed Fruit Cup	13 Portobello Mushroom Burger Roasted Potatoes Maple Spiced Pears	14 Lasagna Roll Up w/ Butternut Squash & Sage Sauce Green Beans Broccoli Clementine	15 Cheesy Chicken, Broccoli, Mushroom Rice Casserole Carrots Peas
18 Spaghetti w/ Meatballs Peas & Carrots Sauteed Vegetables	19 Turkey, Barley Jambalaya Brussel Sprouts Cornbread	20 Cubed Pork w/ Apple Cider Dijon Sauce Roasted Potatoes Mixed Vegetables	21 Chickpea & Vegetable Bowl Roasted Root Vegetables Cinnamon Spiced Peaches	22 Spinach & Atrichoke Chicken Mashed Redskin Potatoes Lima Beans
25 Vegetable Chili Green Beans Cinnamon Sliced Peaches Cornbread	26 BBQ Pulled Pork Mashed Redskin Potatoes Succotash Mandarin Oranges	27 Honey Mustard Chicken Over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup	28 <b>CLOSED</b>	29 <b>CLOSED</b>

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**

<b>NOVEMBER 14</b> 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.	<b>NOVEMBER 19</b> Turkey, Barley Jambalaya Hearty barley, ground turkey, and vegetables simmered with tomatoes and oregano for a flavorful, nutritious dish.	<b>NOVEMBER 20</b> 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

# NOVEMBER - COLD LOW SODIUM

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(740) 204-2434 or [spnutrition@mysourcepoint.org](mailto:spnutrition@mysourcepoint.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Wild Rice, Butternut Squash Craisin & Pecan Salad 3 Bean Salad Cinnamon Spiced Pears
<b>4</b> Turkey & Cranberry Wrap Kale, Sweet Potato & Quinoa Salad Sliced Apples	<b>5</b> Roasted Potato & Green Bean Salad Fresh Cut Fruit Cornbread	<b>6</b> Fall Farro Salad w/ Pecans Pears	<b>7</b> Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	<b>8</b> Garden Veggie Chickpea Salad on Wheat Ambrosia Strawberry Chex Mix
<b>11</b> Honey Mustard Chicken Wrap Kale Almond Salad Peaches	<b>12</b> Chopped Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut	<b>13</b> Cranberry Pecan Harvest Salad w/ Turkey Pears Cinnamon Apple Muffin	<b>14</b> Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix	<b>15</b> Roasted Veggie Hummus Dip w/ Pita Apricots
<b>18</b> Chicken Italian Wrap Roasted Vegetable Salad Pears	<b>19</b> Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Muffin	<b>20</b> PB&J Uncrustable Carrots & Broccoli Fresh Fruit	<b>21</b> Broccoli Bacon Ranch Pasta Salad Kale, Almond Salad Sliced Apples & Peanut Butter	<b>22</b> Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Blueberry Vanilla Bites
<b>25</b> Chicken Salad Vegetable Quinoa Salad Pears Strawberry Chex Mix	<b>26</b> Autumn Roasted Vegetable Salad Mixed Fruit	<b>27</b> Fall Rainbow Salad w/ Cashews Tropical Ambrosia Mini Banana Bread Loaf	<b>CLOSED</b>	<b>CLOSED</b>

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### HIGHLIGHTING MENU ITEMS

<b>NOVEMBER 4</b> <b>Turkey &amp; Cranberry Wrap</b> House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	<b>NOVEMBER 6</b> <b>Fall Farro Salad w/ Pecans</b> 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.	<b>NOVEMBER 26</b> <b>Autumn Roasted Vegetable Salad</b> Roasted Brussels sprouts, sweet potatoes, butternut squash, parsnips, and beans mixed with arugula and goat cheese.	<b>NOVEMBER 27</b> <b>Fall Rainbow Salad w/ Cashews</b> Mixed broccoli, cauliflower, peppers, garbanzo beans, and kale blend, served over romaine topped with cashews and goat cheese, with honey french dressing.
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