

NAME _____

SourcePoint Meals on Wheels Program

DECEMBER - 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
NO DELIVERY	Manicotti California Vegetable Blend Peas & Pearl Onions	Veggie Burger w/ Cheddar Broccoli Warm Applesauce	Spinach Artichoke Stuffed Portobella White Bean & Tomato Ragout Maple Spiced Pears	BBQ Beef Cheddar Chive Mashed Potatoes Succotash
Swedish Turkey Meatballs over Egg Noodles Brussel Sprouts Cauliflower Mixed Fruit Cup	Grilled Salmon Wild Rice Whipped Parsnips Mixed Fruit Cup	Spinach & Mushroom Stuffed Shells Carrots Spiced Peaches Roll w/ Butter	Chicken TexMex Casserole Sautéed Super Greens Succotash	BBQ Pork Loin w/ Peach BBQ Sauce Roasted Redskin Potatoes Mixed Vegetables
Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetable	Beef Shepherds Pie Green Beans Malibu Vegetable Blend Clementine	Mushroom & Swiss Quiche Herb Roasted Potatoes Carrots	Spinach Artichoke Spaghetti Squash Casserole Italian Quinoa Baked Pears	Balsamic Glazed Salmon Over Rice Peas & Pearl Onions Brussel Sprouts
Cubed Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas	Baked Tilapia Over Spinach Mushroom Brown Rice Carrots	CLOSED	Meatloaf Whipped Cauliflower Mixed Vegetables	Broccoli Cheddar Squash Bake Cheesy Tomato & White Beans Green Beans Roll w/ Butter
Brussel Sprout & Bacon Pesto Pasta Peas Cinnamon Spiced Peaches	Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potato Tortilla Chips			

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

DECEMBER 13 BBQ Pork Loin w/ Peach BBQ Two pork loin slices topped with a house blended BBQ Sauce using caramelized peaches.	DECEMBER 17 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.	DECEMBER 27 Broccoli Cheddar Squash Bake Broccoli cheddar sauce blended together with fresh spaghetti squash, broccoli, and topped with fried onions.	DECEMBER 31 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.
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SourcePoint Meals on Wheels Program

DECEMBER - COLD CARB CONTROL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO DELIVERY	3 Egg Salad on Croissant Swiss Cheese Cubes Hawaiian Fruit Salad w/ Coconut	4 BLT Chicken Salad Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	5 Southwest Salad w/ Beef Peaches Fritos	6 Autumn Caesar Salad Sliced Apples Garlic Bread
9 Veggie Sandwich w/ Red Pepper Feta Spread Hard Boiled Egg Fresh Cut Fruit	10 Pear, Bacon, Candied Pecan, Goat Cheese & Maple Salad 3 Bean Salad Roll w/ Butter	11 Roasted Vegetable & Chicken Salad Tropical Fruit Pita	12 Egg Salad on Wheat Kale Salad w/ Pecans Sliced Apples	13 Beet, Almond, Arugula & Feta Salad Pears Mini Blueberry Loaf
16 Greek Dip w/ Pita Chips Baby Carrots Broccoli Florets	17 Ham & Swiss on Wheat Kale Amond Salad Tropical Fruit	18 Tuna Pasta Salad Kale Lemon Caesar Salad Tomato Wedges Mixed Fruit Cup	19 Turkey Salad w/ Pecans Wrap Roasted Root Vegetable & White Bean Salad Pears	20 Black Bean Taco Salad Tropical Fruit Salad w/ Coconut
23 5 Bean Salad w/ Mustard Vinaigrette Cheddar Cheese Cubes Peaches Crackers	24 Chicken Bacon Ranch Wrap Cauliflower Chickpea Salad Sliced Apples	25 CLOSED	26 Salmon Cobb Salad 3 Bean Salad Pears Roll w/ Butter	27 Chef Salad w/ Turkey & Ham Chickpea & Kidney Bean Salad Tropical Ambrosia
30 Black Bean Taco Dip Mexican Zucchini Salad Clementine	31 Mediterranean Chickpea Tuna Salad Broccoli Florets Hummus & Pita			

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HIGHLIGHTING MENU ITEMS

DECEMBER 5 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.	DECEMBER 11 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.	DECEMBER 19 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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