










NAME _____

SourcePoint Meals on Wheels Program

DECEMBER - 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
NO DELIVERY	2 Manicotti California Vegetable Blend Peas & Pearl Onions 	3 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup 	4 Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches	5 Creamy Tortellini w/ Bacon Green Beans Malibu Veggie Blend
9 Kielbasa over Cabbage Potatoes O'Brien Carrots	10 White Cheddar Mac-N-Cheese Stewed Tomatoes Mixed Veggies 	11 Tuscan Shrimp Over Rice Italian Vegetable Blend Mixed Fruit Cup 	12 Turkey Pot Pie Green Beans Broccoli Sliced Apples	13 Meatball Sub Malibu Vegetable Blend Baked Pears
16 Root Beer Braised Pork Over Mashed Potatoes Mixed Vegetables Maple Spiced Peaches	17 Tuscan White Beans, Kale & Sundried Tomatoes Country Apples Malibu Vegetable Blend Garlic Bread 	18 Turkey Burger w/ Gouda Roasted Sweet Potatoes, Black Beans & Corn Blend Roasted Romas	19 Stuffed Cabbage Roasted Redskin Potatoes Carrots Roll w/ Butter	20 Roasted Vegetable Pasta Bake Peas Cinnamon Spiced Pears 
23 Meatloaf Sandwich Roasted Yukon Potatoes Peas & Pearl Onions	24 Creamy Tomato Pasta Sautéed Mushroom, Onions & Green Beans Malibu Vegetable Blend Mixed Fruit Cup 	25 <p style="text-align: center;">CLOSED</p>	26 Turkey Over Apple Cider Stuffing w/ Gravy Succotash Green Beans	27 Veggie Burrito Bowl w/ Salsa Cinnamon Spiced Peaches 
30 Philly Sandwich Herb Roasted Redskin Potato Succotash	31 Veggie Burger w/ White Cheddar & Guac Roasted Yukon Potatoes Cali Vegetable Blend 			

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 5 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.	DECEMBER 12 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.	DECEMBER 20 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.	DECEMBER 26 Turkey Over Stuffing & Gravy Cranberry, apple cider stuffing topped with sliced roasted turkey breast, covered in a delicious poultry gravy
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SourcePoint Meals on Wheels Program

DECEMBER - COLD DAILY

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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 Turkey Club Sandwich Potato Salad Fresh Cut Fruit	5 Cranberry, Quinoa, Pecan, Kale Salad Kidney Bean & Chickpea Salad Mandarin Oranges	6 Grilled Salmon Salad Dilled Pasta Salad Pears Roll w/ Butter
9 Calico Salad Peaches Cornbread	10 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Caesar Salad Fresh Fruit	11 Roast Beef & White Cheddar on Wheat Broccoli Craisin Salad w/ Almonds Tropical Fruit	12 Autumn Salad w/ Pecans Pears Roll w/ Butter	13 Tuna Salad & Provolone on Wheat Creamy Cucumber & Chickpea Salad Mixed Fruit
16 Roasted Brussel Sprouts & Quinoa Salad w/ Almonds Baby Carrots Pears	17 Citrus Chicken Salad on Croissant Kale Almond Salad Tropical Fruit	18 Steak Greek Salad Apricots Pita	19 Egg Salad on Wheat 3 Bean Salad Fruit Salad	20 BLT on Wheat Coleslaw Mixed Fruit White Cheddar Popcorn
23 Turkey & Swiss on Wheat Kale & Sweet Potato Salad Applesauce	24 Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit	25 CLOSED	26 Garden Salad w/ Honey Mustard Cottage Cheese Pears Apple Cinnamon Muffin	27 Pecan Chicken Salad Wrap Honey Mustard Potato Salad Carrot Raisin Salad
30 Roasted Red Pepper Hummus w/ Pita Baby Carrots Broccoli Apricots	31 Chicken Caesar Wrap 3 Bean Salad Mixed Fruit			

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HIGHLIGHTING MENU ITEMS

DECEMBER 5 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.	DECEMBER 12 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.	DECEMBER 27 Pecan Chicken Salad Wrap A Fall twist on chicken salad with cranberries and pecans blended together and served with a tortilla wrap.	
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