









NAME _____

SourcePoint Meals on Wheels Program

DECEMBER - 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
2 NO DELIVERY	3 Manicotti California Vegetable Blend Peas & Pearl Onions 	4 Burger w/ Swiss Roasted Yukon Potatoes Corn	5 Salmon Patty w/ Lemon Sauce Roasted Yukon Potatoes Mixed Vegetables Tropical Fruit Cup 	6 Chicken Wild Rice Casserole Peas & Pearl Onions Corn Muffin Sliced Apples
9 Meatloaf Roasted Redskin Potatoes Broccoli Peach Cup Roll w/ Butter	10 Roasted Turkey w/ Gravy Whipped Sweet Potatoes Mixed Veggies Mixed Fruit Cup	11 Portobello Mushroom Burger Roasted Potatoes Maple Spiced Pears 	12 Lasagna Roll Up w/ Butternut Squash & Sage Sauce Green Beans Broccoli Clementine 	13 Cheesy Chicken, Broccoli, Mushroom Rice Casserole Carrots Peas
16 Spaghetti w/ Meatballs Peas & Carrots Sauteed Vegetables	17 Turkey, Barley Jambalaya Brussel Sprouts Cornbread	18 Cubed Pork w/ Apple Cider Dijon Sauce Roasted Potatoes Mixed Vegetables	19 Chickpea & Vegetable Bowl Roasted Root Vegetables Cinnamon Spiced Peaches 	20 Spinach & Atrichoke Chicken Mashed Redskin Potatoes Lima Beans
23 Vegetable Chili Green Beans Cinnamon Sliced Peaches Cornbread 	24 BBQ Pulled Pork Mashed Redskin Potatoes Succotash Mandarin Oranges	25 CLOSED	26 Pesto Veg & Spaghetti Squash Bake Italian Stewed Chickpeas Cauliflower Breadstick 	27 Johnny Marzetti Brussel Sprouts California Veggie Blend
30 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peach Cup 	31 Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Country Apples Nutrigrain Blueberry Bar			

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 12 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.	DECEMBER 17 Turkey, Barley Jambalaya Hearty barley, ground turkey, and vegetables simmered with tomatoes and oregano for a flavorful, nutritious dish.	DECEMBER 18 Cubed Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider-dijon sauce.	DECEMBER 16 Pesto Veg & Spaghetti Squash Bake Roasted spaghetti squash mixed with sautéed vegetables and fresh pesto, topped with shredded mozzarella for a light, delicious dish.
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SourcePoint Meals on Wheels Program

DECEMBER - COLD LOW SODIUM

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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 Fall Farro Salad w/ Pecans Pears	5 Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	6 Garden Veggie Chickpea Salad on Wheat Ambrosia Strawberry Chex Mix
9 Honey Mustard Chicken Wrap Kale Almond Salad Peaches	10 Chopped Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut	11 Cranberry Pecan Harvest Salad w/ Turkey Pears Cinnamon Apple Muffin	12 Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix	13 Roasted Veggie Hummus Dip w/ Pita Apricots
16 Chicken Italian Wrap Roasted Vegetable Salad Pears	17 Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Muffin	18 PB&J Uncrustable Carrots & Broccoli Fresh Fruit	19 Broccoli Bacon Ranch Pasta Salad Kale, Almond Salad Sliced Apples & Peanut Butter	20 Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Blueberry Vanilla Bites
23 Chicken Salad Vegetable Quinoa Salad Pears Strawberry Chex Mix	24 Autumn Roasted Vegetable Salad Mixed Fruit	25 CLOSED	26 Pear Bacon Salad w/ Pecans Broccoli Craisin Salad w/ Almonds Mini Blueberry Loaf	27 Wild Rice, Butternut Squash, Craisin & Pecan Salad 3 Bean Salad Cinnamon Spiced Pears
30 Turkey & Cranberry Wrap Kale, Sweet Potato & Quinoa Salad Sliced Apples	31 Roasted Potato & Green Bean Salad Fresh Cut Fruit Cornbread			

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HIGHLIGHTING MENU ITEMS

DECEMBER 4 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.	DECEMBER 24 Autumn Roasted Vegetable Salad Roasted Brussels sprouts, sweet potatoes, butternut squash, parsnips, and beans mixed with arugula and goat cheese.	DECEMBER 30 Turkey & Cranberry Wrap House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	
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