

NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**JANUARY - 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
		<b>CLOSED</b>	1 Spinach Artichoke Stuffed Portobella White Bean & Tomato Ragout Maple Spiced Pears	2 BBQ Beef Cheddar Chive Mashed Potatoes Succotash
6 Sweedish Turkey Meatball Brussel Sprouts Cauliflower Mixed Fruit Cup	7 Grilled Salmon over Wild Rice Whipped Parsnips Mixed Fruit Cup	8 Spinach & Mushroom Stuffed Shells Carrots Spiced Peaches Roll w/ Butter	9 Chicken TexMex Casserole Sauteed Super Greens Succotash	10 BBQ Pork Loin w/ Peach BBQ Sauce Roasted Redskin Potatoes Mixed Vegetables
13 Turkey Meatloaf Roasted, Yukon Potatoes Mixed Vegetable	14 Beef Shepherds Pie Green Beans Malibu Vegetable Blend Clementine	15 Mushroom & Swiss Quiche Herb Roasted Potatoes Carrots	16 Spinach Artichoke Spaghetti Squash Casserole Italian Quinoa Baked Pears	17 Balsamic Glazed Salmon Over Rice Peas & Pearl Onions Brussel Sprouts
20 <b>CLOSED</b>	21 <b>NO DELIVERY</b>	22 Vegetable Lasagna Italian Vegetable Blend Peas & Carrots	23 Meatloaf Whipped Cauliflower Mixed Vegetables	24 Broccoli Cheddar Squash Bake Cheesy Tomato & White Beans Green Beans Roll w/ Butter
27 Brussel Sprout & Bacon Pesto Pasta Peas Cinnamon Spiced Peaches	28 Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potato Tortilla Chips	29 Veggie Burger w/ Cheddar Broccoli Warm Applesauce	30 Spinach Artichoke Stuffed Portobella White Bean & Tomato Ragout Maple Spiced Pears	31 BBQ Beef Cheddar Chive Mashed Potatoes Succotash

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>JANUARY 10</b> <b>BBQ Pork Loin w/ Peach BBQ</b> Two pork loin slices topped with a house blended BBQ Sauce using caramelized peaches.	<b>JANUARY 14</b> <b>Beef Shepherds Pie</b> Savory and traditional beef mixture that consists of diced carrots, celery, onions, and peas, topped with a delicious layer of cheesy mashed potatoes.	<b>JANUARY 24</b> <b>Broccoli Cheddar Squash Bake</b> Broccoli cheddar sauce blended together with fresh spaghetti squash, broccoli, and topped with fried onions.	<b>JANUARY 28</b> <b>Turkey Taco Stuffed Pepper</b> 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

# JANUARY - COLD CARB CONTROL

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>CLOSED</b>	1 Southwest Salad w/ Beef Peaches Fritos	2 Autumn Caesar Salad Sliced Apples Garlic Bread
3 Veggie Sandwich w/ Red Pepper Feta Spread Hard Boiled Egg Fresh Cut Fruit	4 Pear, Bacon, Candied Pecan, Goat Cheese & Maple Salad 3 Bean Salad Roll w/ Butter	5 Roasted Vegetable & Chicken Salad Tropical Fruit Pita	6 Egg Salad on Wheat Kale Salad w/ Pecans Sliced Apples	7 Beet, Almond, Arugula & Feta Salad Pears Mini Blueberry Loaf
8 Greek Dip w/ Pita Chips Baby Carrots Broccoli Florets	9 Ham & Swiss on Wheat Kale Amond Salad Tropical Fruit	10 Tuna Pasta Salad Kale Lemon Caesar Salad Tomato Wedges Mixed Fruit Cup	11 Turkey Salad w/ Pecans Wrap Roasted Root Vegetable & White Bean Salad Pears	12 Black Bean Taco Salad Tropical Fruit Salad w/ Coconut
<b>CLOSED</b>	<b>NO DELIVERY</b>	13 Turkey & Swiss on Wheat Strawberry Chex Mix Mandarin Oranges	14 Salmon Cobb Salad 3 Bean Salad Pears Roll w/ Butter	15 Chef Salad w/ Turkey & Ham Chickpea & Kidney Bean Salad Tropical Ambrosia
16 Black Bean Taco Dip Mexican Zucchini Salad Clementine	17 Mediterranean Chickpea Tuna Salad Broccoli Florets Hummus & Pita	18 BLT Chicken Salad Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	19 Southwest Salad w/ Beef Peaches Fritos	20 Autumn Caesar Salad Sliced Apples Garlic Bread

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### HIGHLIGHTING MENU ITEMS

<b>JANUARY 8</b> <b>Roasted Vegetable &amp; Chicken Salad</b> A bed of spinach topped with a delicious chickpea and roasted vegetable mixture accompanied with small diced chicken, and finished with feta cheese crumbles.	<b>JANUARY 16</b> <b>Turkey Salad w/ Pecans Wrap</b> 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.	<b>JANUARY 30</b> <b>Southwest Salad w/ Beef</b> 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.
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