

NAME _____

SourcePoint Meals on Wheels Program

JANUARY - 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
		CLOSED	1 Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches	2 Creamy Tortellini w/ Bacon Green Beans Malibu Veggie Blend
6 Keilbasa over Cabbage Potatoes O'Brien Carrots	7 White Cheddar Mac-N-Cheese Stewed Tomatoes Mixed Veggies	8 Tuscan Shrimp Over Rice Italian Vegetable Blend Mixed Fruit Cup	9 Turkey Pot Pie Green Beans Broccoli Sliced Apples	10 Meatball Sub Malibu Vegetable Blend Baked Pears
13 Root Beer Braised Pork Over Mashed Potatoes Mixed Vegetables Maple Spiced Peaches	14 Tuscan White Beans, Kale & Sundried Tomatoes Country Apples Malibu Vegetable Blend Garlic Bread	15 Turkey Burger w/ Gouda Roasted Sweet Potatoes, Black Beans & Corn Blend Roasted Romas	16 Stuffed Cabbage Roasted Redskin Potatoes Carrots Roll w/ Butter	17 Roasted Vegetable Pasta Bake Peas Cinnamon Spiced Pears
20 CLOSED	21 NO DELIVERY	22 Vegetable Lasagna Italian Vegetable Blend Peas & Carrots	23 Turkey Over Apple Cider Stuffing w/ Gravy Succotash Green Beans	24 Veggie Burrito Bowl w/ Salsa Cinnamon Spiced Peaches
27 Philly Sandwich Herb Roasted Redskin Potato Succotash	28 Veggie Burger w/ White Cheddar & Guac Roasted Yukon Potatoes Cali Vegetable Blend	29 Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup	30 Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches	31 Creamy Tortellini w/ Bacon Green Beans Malibu Veggie 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

JANUARY 2 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.	JANUARY 9 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.	JANUARY 17 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.	JANUARY 23 Turkey Over Stuffing & Gravy Cranberry, apple cider stuffing topped with sliced roasted turkey breast, covered in a delicious poultry gravy
--	--	--	---

SourcePoint Meals on Wheels Program

JANUARY - COLD 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
		1 CLOSED	2 Cranberry, Quinoa, Pecan, Kale Salad Kidney Bean & Chickpea Salad Mandarin Oranges	3 Grilled Salmon Salad Dilled Pasta Salad Pears Roll w/ Butter
6 Calico Salad Peaches Cornbread	7 Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Caesar Salad Fresh Fruit Cup	8 Roast Beef & White Cheddar on Wheat Broccoli Craisin Salad w/ Almonds Tropical Fruit	9 Autumn Salad w/ Pecans Pears Roll w/ Butter	10 Tuna Salad & Provolone on Wheat Creamy Cucumber & Chickpea Salad Mixed Fruit
13 Roasted Brussel Sprouts & Quinoa Salad w/ Almonds Baby Carrots Pears	14 Citrus Chicken Salad on Croissant Kale Almond Salad Tropical Fruit	15 Steak Greek Salad Apricots Pita	16 Egg Salad on Wheat 3 Bean Salad Fruit Salad	17 BLT on Wheat Coleslaw Mixed Fruit White Cheddar Popcorn
20 CLOSED	21 NO DELIVERY	22 Turkey & Swiss on Wheat Strawberry Chex Mix Mandarin Oranges	23 Garden Salad w/ Honey Mustard Cottage Cheese Pears Apple Cinnamon Muffin	24 Pecan Chicken Salad Wrap Honey Mustard Potato Salad Carrot Raisin Salad
27 Roasted Red Pepper Hummus w/ Pita Baby Carrots Broccoli Apricots	28 Chicken Caesar Wrap 3 Bean Salad Mixed Fruit	29 Turkey Club Sandwich Potato Salad Fresh Cut Fruit	30 Cranberry, Quinoa, Pecan, Kale Salad Kidney Bean & Chickpea Salad Mandarin Oranges	31 Grilled Salmon Salad Dilled Pasta Salad Pears Roll w/ Butter

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

JANUARY 9 Autumn Salad w/ Pecans Beets, garbanzo beans, roasted butternut squash & toasted pecans laid over a fresh bed of spring mix topped w/ goat cheese and served with balsamic vinaigrette.	JANUARY 24 Pecan Chicken Salad Wrap A Fall twist on chicken salad with cranberries and pecans blended together and served with a tortilla wrap.	JANUARY 30 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.
---	---	---