

NAME _____

SourcePoint Meals on Wheels Program

JANUARY - 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
		CLOSED	1 2 Salmon Patty w/ Lemon Sauce Roasted Yukon Potatoes Mixed Vegetables Tropical Fruit Cup	3 Chicken Wild Rice Casserole Peas & Pearl Onions Corn Muffin Sliced Apples
6 Meatloaf Roasted Redskin Potatoes Broccoli Peach Cup Roll w/ Butter	7 Roasted Turkey w/ Gravy Whipped Sweet Potatoes Mixed Veggies Mixed Fruit Cup	8 Portobello Mushroom Burger Roasted Potatoes Maple Spiced Pears	9 Lasagna Roll Up w/ Butternut Squash & Sage Sauce Green Beans Broccoli Clementine	10 Cheesy Chicken, Broccoli, Mushroom Rice Casserole Carrots Peas
13 Spaghetti w/ Meatballs Peas & Carrots Sauteed Vegetables	14 Turkey, Barley Jambalaya Brussel Sprouts Cornbread	15 Cubed Pork w/ Apple Cider Dijon Sauce Roasted Potatoes Mixed Vegetables	16 Chickpea & Vegetable Bowl Roasted Root Vegetables Cinnamon Spiced Peaches	17 Spinach & Atrichoke Chicken Mashed Redskin Potatoes Lima Beans
20 CLOSED	21 NO DELIVERY	22 Vegetable Lasagna Italian Vegetable Blend Peas & Carrots	23 Pesto Veg & Spaghetti Squash Bake Italian Stewed Chickpeas Cauliflower Breadstick	24 Johnny Marzetti Brussel Sprouts California Veggie Blend
27 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans Peach Cup	28 Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Country Apples Nutrigrain Blueberry Bar	29 Burger w/ Swiss Roasted Yukon Potatoes Corn	30 Salmon Patty w/ Lemon Sauce Roasted Yukon Potatoes Mixed Vegetables Tropical Fruit Cup	31 Chicken Wild Rice Casserole Peas & Pearl Onions Corn Muffin Sliced Apples

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 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.	JANUARY 14 Turkey, Barley Jambalaya Hearty barley, ground turkey, and vegetables simmered with tomatoes and oregano for a flavorful, nutritious dish.	JANUARY 15 Cubed Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider-dijon sauce.	JANUARY 23 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

JANUARY - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED	2 Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	3 Garden Veggie Chickpea Salad on Wheat Ambrosia Strawberry Chex Mix
6 Honey Mustard Chicken Wrap Kale Almond Salad Peaches	7 Chopped Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut	8 Cranberry Pecan Harvest Salad w/ Turkey Pears Cinnamon Apple Muffin	9 Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix	10 Roasted Veggie Hummus Dip w/ Pita Apricots
13 Chicken Italian Wrap Roasted Vegetable Salad Pears	14 Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Muffin	15 PB&J Uncrustable Carrots & Broccoli Fresh Fruit	16 Broccoli Bacon Ranch Pasta Salad Kale, Almond Salad Sliced Apples & Peanut Butter	17 Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Blueberry Vanilla Bites
20 CLOSED	21 NO DELIVERY	22 Turkey & Swiss on Wheat Strawberry Chex Mix Mandarin Oranges	23 Pear Bacon Salad w/ Pecans Broccoli Craisin Salad w/ Almonds Mini Blueberry Loaf	24 Wild Rice, Butternut Squash Craisin & Pecan Salad 3 Bean Salad Cinnamon Spiced Pears
27 Turkey & Cranberry Wrap Kale, Sweet Potato & Quinoa Salad Sliced Apples	28 Roasted Potato & Green Bean Salad Fresh Cut Fruit Cornbread	29 Fall Farro Salad w/ Pecans Pears	30 Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	31 Garden Veggie Chickpea Salad on Wheat Ambrosia Strawberry Chex Mix

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HIGHLIGHTING MENU ITEMS

JANUARY 27 Turkey & Cranberry Wrap House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	JANUARY 29 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.
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