

MONTHLY MEAL SELECTION

Sourcepoint Meals On Wheels Program
740-204-2434
spnutrition@mysourcepoint.org

NEW POLICY: Please cancel no later than 11:00 a.m. 2 days prior to delivery. To order alternate meals, call 2 business days in advance.

Name: _____

February 2025	Select ONE noon meal per day and ONE evening meal									
	HOT DAILY					COLD DAILY				
SERVICE DATE	Regular	Low Sodium	Carb Control			Regular	Low Sodium	Carb Control		
Mon. 2/3/25										
Tue. 2/4/25										
Wed. 2/5/25										
Thu. 2/6/25										
Fri. 2/7/25										
Mon. 2/10/25										
Tue. 2/11/25										
Wed. 2/12/25										
Thu. 2/13/25										
Fri. 2/14/25										
Mon. 2/17/25										
Tue. 2/18/25										
Wed. 2/19/25										
Thu. 2/20/25										
Fri. 2/21/25										
Mon. 2/24/25										
Tue. 2/25/25										
Wed. 2/26/25										
Thu. 2/27/25										
Fri. 2/28/25										