











NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**FEBRUARY - 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>3</b> Swedish Turkey Meatball Brussel Sprouts Cauliflower Mixed Fruit Cup	<b>4</b> Grilled Salmon over Wild Rice Whipped Parsnips Mixed Fruit Cup 	<b>5</b> Spinach & Mushroom Stuffed Shells Carrots Spiced Peaches Roll w/ Butter 	<b>6</b> Chicken TexMex Casserole Sauted Super Greens Succotash	<b>7</b> BBQ Pork Loin w/ Peach BBQ Sauce Roasted Redskin Potatoes Mixed Vegetables
<b>10</b> Turkey Meatloaf Roasted Yukon Potatoes Mixed Vegetable	<b>11</b> Beef Shepherds Pie Green Beans Malibu Vegetable Blend	<b>12</b> Mushroom & Swiss Quiche Herbed Roasted Potatoes Carrots 	<b>13</b> Spinach Artichoke Spaghetti Squash Casserole Italian Quinoa Baked Pears 	<b>14</b> Balsamic Glazed Salmon Over Rice Peas & Pearl Onions Brussel Sprouts 
<b>17</b> Cubed Pork w/ Herbed Pork Gravy Mashed Yukon Potatoes Peas	<b>18</b> Baked Tilapia Over Spinach Mushroom Brown Rice Carrots 	<b>19</b> Mushroom Quinoa Patty w/ Swiss Roasted Tomatoes Brussel Sprouts Apple Slices 	<b>20</b> Meatloaf Whipped Cauliflower Mixed Vegetables	<b>21</b> Broccoli Cheddar Squash Bake Cheesy Tomato & White Beans Green Beans Roll w/ Butter 
<b>24</b> Brussel Sprout & Bacon Pesto Pasta Peas Cinnamon Spiced Peaches	<b>25</b> Turkey Taco Stuffed Pepper Mexican Roasted Sweet Potato Tortilla Chips	<b>26</b> Veggie Burger w/ Cheddar Broccoli Warm Applesauce 	<b>27</b> Spinach Artichoke Stuffed Portobella White Bean & Tomato Ragout Maple Spiced Pears 	<b>28</b> 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**








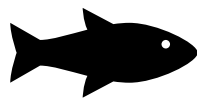



<b>FEBRUARY 7</b> <b>BBQ Pork Loin w/ Peach BBQ</b> Two pork loin slices topped with a house blended BBQ Sauce using caramelized peaches.	<b>FEBRUARY 11</b> <b>Beef Shepherds Pie</b> Savory and traditional beef mixture that consists of diced carrots, celery, onions, and peas, topped with a delicious layer of cheesy mashed potatoes.	<b>FEBRUARY 21</b> <b>Broccoli Cheddar Squash Bake</b> Broccoli cheddar sauce blended together with fresh spaghetti squash, broccoli, and topped with fried onions.	<b>FEBRUARY 25</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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**FEBRUARY - COLD CARB CONTROL**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Veggie Sandwich w/ Red Pepper Feta Spread Hard Boiled Egg Fresh Cut Fruit 	<b>4</b> Pear, Bacon, Candied Pecan, Goat Cheese & Maple Salad 3 Bean Salad Roll w/ Butter	<b>5</b> Roasted Vegetable & Chicken Salad Tropical Fruit Pita	<b>6</b> Egg Salad on Wheat Kale Salad w/ Pecans Sliced Apples 	<b>7</b> Beet, Almond, Arugula & Feta Salad Pears Mini Blueberry Loaf 
<b>10</b> Greek Dip w/ Pita Chips Baby Carrots Broccoli Florets 	<b>11</b> Ham & Swiss on Wheat Kale Amond Salad Tropical Fruit	<b>12</b> Tuna Pasta Salad Kale Lemon Caesar Salad Tomato Wedges Mixed Fruit Cup 	<b>13</b> Turkey Salad w/ Pecans Wrap Roasted Root Vegetable & White Bean Salad Pears	<b>14</b> Black Bean Taco Salad Tropical Fruit Salad w/ Coconut 
<b>17</b> 5 Bean Salad w/ Mustard Vinaigrette Cheddar Cheese Cubes Peaches Crackers 	<b>18</b> Chicken Bacon Ranch Wrap Cauliflower Chickpea Salad Sliced Apples	<b>19</b> Turkey & Cheddar w/ Bun Harvest Slaw w/ Sunflower Seeds Baby Carrots	<b>20</b> Salmon Cobb Salad 3 Bean Salad Pears Roll w/ Butter 	<b>21</b> Chef Salad w/ Turkey & Ham Chickpea & Kidney Bean Salad Tropical Ambrosia
<b>24</b> Black Bean Taco Dip Mexican Zucchini Salad Clementine 	<b>25</b> Mediterranean Chickpea Tuna Salad Broccoli Florets Hummus & Pita 	<b>26</b> BLT Chicken Salad Roasted Vegetable & White Bean Pesto Salad Mixed Fruit Roll w/ Butter	<b>27</b> Southwest Salad w/ Beef Peaches Fritos	<b>28</b> Autumn Caesar Salad Sliced Apples Garlic Bread 

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**HIGHLIGHTING MENU ITEMS**

<b>FEBRUARY 5</b> <b>Roasted Veg. &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>FEBRAURY 13</b> <b>Turkey Salad w/ Pecans Wrap</b> The perfect Fall wrap, with small diced chunks of roasted turkey combined with fresh celery, onions, raisins, and pecan pieces. All wrapped up into a delicious tortilla.	<b>FEBRUARY 19</b> <b>Harvest Slaw w/ Sunflower Seeds</b> A delicious, seasonal blend of apples, raisins, and sunflower seeds to kick up a traditional coleslaw.	<b>FEBRUARY 27</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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