









NAME \_\_\_\_\_

SourcePoint Meals on Wheels Program

**FEBRUARY - 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
<b>3</b> Kielbasa over Cabbage Potatoes O'Brien Carrots	<b>4</b> White Cheddar Mac-N-Cheese Stewed Tomatoes Mixed Veggies	<b>5</b> Tuscan Shrimp Over Rice Italian Vegetable Blend Mixed Fruit Cup 	<b>6</b> Turkey Pot Pie Green Beans Broccoli Sliced Apples	<b>7</b> Meatball Sub Malibu Vegetable Blend Baked Pears
<b>10</b> Root Beer Braised Pork Over Mashed Potatoes Mixed Vegetables Maple Spiced Peaches	<b>11</b> Tuscan White Beans, Kale & Sundried Tomatoes Country Apples Malibu Vegetable Blend Garlic Bread 	<b>12</b> Turkey Burger w/ Peppers, Onions & Gouda Roasted Sweet Potatoes, Black Beans & Corn Blend Roasted Romas	<b>13</b> Stuffed Cabbage Roasted Redskin Potatoes Carrots Roll w/ Butter	<b>14</b> Roasted Vegetable Pasta Bake Peas Cinnamon Spiced Peas 
<b>17</b> Meatloaf Sandwich Roasted Yukon Potatoes Peas & Pearl Onions	<b>18</b> Creamy Tomato Pasta Sautéed Mushroom, Onions & Green Beans Malibu Vegetable Blend Mixed Fruit Cup 	<b>19</b> Potato Crusted Tilapia Over Rice Broccoli Mixed Vegetable Casserole 	<b>20</b> Turkey Over Apple Cider Stuffing w/ Gravy Succotash Green Beans	<b>21</b> Veggie Burrito Bowl w/ Salsa Cinnamon Spiced Peaches 
<b>24</b> Philly Sandwich Herb Roasted Redskin Potato Succotash	<b>25</b> Veggie Burger w/ White Cheddar & Guac Roasted Yukon Potatoes Cali Vegetable Blend 	<b>26</b> Tuna Noodle Casserole Carrots Winter Vegetable Blend Mixed Fruit Cup 	<b>27</b> Turkey Chili Stuffed Sweet Potato Broccoli Maple Spiced Peaches	<b>28</b> 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**

<b>FEBRUARY 6</b> <b>Turkey Pot Pie</b> Fresh Carrots, onions, and celery cooked tender and mixed with turkey and a creamy poultry gravy, served with a fresh baked biscuit.	<b>FEBRUARY 14</b> <b>Roasted Vegetable Pasta Bake</b> A roasted variety of peppers, zucchini, yellow squash, mushrooms, and onions blended together with penne pasta, marinara, and a cheese blend.	<b>FEBRUARY 20</b> <b>Turkey Over Stuffing &amp; Gravy</b> Cranberry, apple cider stuffing topped with sliced roasted turkey breast, covered in a delicious poultry gravy	<b>FEBRUARY 27</b> <b>Turkey Chili Stuffed Sweet Potato</b> 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.
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## SourcePoint Meals on Wheels Program

# FEBRUARY - COLD DAILY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Calico Salad Peaches Cornbread  	<b>4</b> Roasted Red Pepper & Chicken Pasta Salad Kale Lemon Caesar Salad Fresh Fruit	<b>5</b> Roast Beef & White Cheddar on Wheat Broccoli Craisin Salad w/ Almonds Tropical Fruit	<b>6</b> Autumn Salad w/ Pecans Pears Roll w/ Butter  	<b>7</b> Tuna Salad & Provolone on Wheat Creamy Cucumber & Chickpea Salad Mixed Fruit  
<b>10</b> Roasted Brussel Sprouts & Quinoa Salad w/ Almonds Baby Carrots Pears  	<b>11</b> Citrus Chicken Salad on Croissant Kale Almond Salad Tropical Fruit	<b>12</b> Steak Greek Salad Apricots Pita	<b>13</b> Egg Salad on Wheat 3 Bean Salad Fruit Salad  	<b>14</b> BLT on Wheat Coleslaw Mixed Fruit White Cheddar Popcorn
<b>17</b> Turkey & Swiss on Wheat Kale & Sweet Potato Salad Applesauce	<b>18</b> Taco Salad Roasted Sweet Potato, Corn & Black Bean Salad Tropical Fruit	<b>19</b> Pesto Tortellini Pasta Salad w/ Pepperoni Tomato, White Bean & Arugula Salad Mixed Fruit	<b>20</b> Garden Salad w/ Honey Mustard Cottage Cheese Pears Apple Cinnamon Muffin  	<b>21</b> Pecan Chicken Salad Wrap Honey Mustard Potato Salad Carrot Raisin Salad
<b>24</b> Roasted Red Pepper Hummus w/ Pita Baby Carrots Broccoli Apricots  	<b>25</b> Chicken Caesar Wrap 3 Bean Salad Mixed Fruit	<b>26</b> Turkey Club Sandwich Potato Salad Fresh Cut Fruit	<b>27</b> Cranberry, Quinoa, Pecan, Kale Salad Kidney Bean & Chickpea Salad Mandarin Oranges  	<b>28</b> Grilled Salmon Salad Dilled Pasta Salad Pears Roll w/ Butter  

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### HIGHLIGHTING MENU ITEMS

<b>FEBRUARY 6</b> <b>Autumn Salad w/ Pecans</b> Beets, garbanzo beans, roasted butternut squash, and toasted pecans laid over a fresh bed of spring mix topped with goat cheese crumbles and served with a side of balsamic	<b>FEBRUARY 21</b> <b>Pecan Chicken Salad Wrap</b> A Fall twist on chicken salad with cranberries and pecans blended together and served with a tortilla wrap.	<b>FEBRUARY 27</b> <b>Cranberry, Quinoa, Pecan, Kale Salad</b> 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.
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