








NAME _____

SourcePoint Meals on Wheels Program

FEBRUARY - 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
3 Meatloaf Roasted Redskin Potatoes Broccoli Peach Cup Roll w/ Butter	4 Roasted Turkey w/ Gravy Whipped Sweet Potatoes Mixed Veggies Mixed Fruit Cup	5 Portobello Mushroom Burger Roasted Potatoes Maple Spiced Pears 	6 Lasagna Roll Up w/ Butternut Squash & Sage Sauce Green Beans  Broccoli Clementine	7 Cheesy Chicken, Broccoli, Mushroom Rice Casserole Carrots Peas
10 Spaghetti w/ Meatballs Peas & Carrots Sautéed Vegetables	11 Turkey Barley Jambalaya Brussel Sprouts Cornbread	12 Cubed Pork w/ Apple Cider Dijon Sauce Roasted Potatoes Mixed Vegetables	13 Chickpea & Vegetable Bowl Roasted Root Vegetables Cinnamon Spiced Peaches 	14 Spinach & Artichoke Chicken Mashed Redskin Potatoes Lima Beans
17 Vegetable Chili Green Beans Cinnamon Spiced Peaches Cornbread 	18 BBQ Pulled Pork Mashed Redskin Potatoes Succotash Mandarin Oranges	19 Honey Mustard Chicken Over Mushroom Wild Rice Peas & Carrots Roasted Root Vegetables Mixed Fruit Cup	20 Pesto Veg & Spaghetti Squash Bake Italian Stewed Chickpeas Cauliflower  Breadstick	21 Johnny Marzetti Brussel Sprouts California Veggie Blend
24 Italian Vegetable & White Bean Bake Whipped Cauliflower Green Beans  Peach Cup	25 Hashbrown Breakfast Casserole w/ Bacon Roasted Roma Tomatoes Country Apples Nutrigrain Blueberry Bar	26 Burger w/ Swiss Roasted Yukon Potatoes Corn	27 Salmon Patty w/ Lemon Sauce Roasted Yukon Potatoes Mixed Vegetables Tropical Fruit Cup 	28 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

FEBRUARY 6 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.	FEBRUARY 11 Turkey Barley Jambalaya Hearty barley, ground turkey, and vegetables simmered with tomatoes and oregano for a flavorful, nutritious dish.	FEBRUARY 12 Cubed Pork w/ Apple Cider Dijon Tender, seared pork cutlet smothered in a flavorful and rich apple cider-dijon sauce.	FEBRUARY 20 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

FEBRUARY - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Honey Mustard Chicken Wrap Kale Almond Salad Peaches	4 Chopped Thai Salad w/ Peanuts Tropical Fruit Salad w/ Coconut 	5 Cranberry Pecan Harvest Salad w/ Turkey Pears Cinnamon Apple Muffin 	6 Blueberry Spinach Salmon Salad Carrot Raisin Salad Strawberry Chex Mix 	7 Roasted Veggie Hummus Dip w/ Pita Apricots
10 Chicken Italian Wrap Roasted Vegetable Salad Pears	11 Superfood Salad w/ Almonds Mixed Fruit Mini Blueberry Muffin 	12 PB&J Uncrustable Carrots & Broccoli Fresh Fruit 	13 Broccoli Bacon Ranch Pasta Salad Kale, Almond Salad Sliced Apples & Peanut Butter	14 Roasted Veggie Couscous Salad Honey Mustard Potato Salad Peaches Blueberry Vanilla Bites
17 Chicken Salad Vegetable Quinoa Salad Pears Strawberry Chex Mix	18 Autumn Roasted Vegetable Salad Mixed Fruit 	19 Fall Rainbow Salad w/ Cashews Tropical Ambrosia Mini Banana Bread Loaf 	20 Pear Bacon Salad w/ Pecans Broccoli Craisin Salad w/ Almonds Mini Blueberry Loaf	21 Wild Rice, Butternut Squash Craisin & Pecan Salad 3 Bean Salad Cinnamon Spiced Pears
24 Turkey & Cranberry Wrap Kale, Sweet Potato & Quinoa Salad Sliced Apples	25 Roasted Potato & Green Bean Salad Fresh Cut Fruit Cornbread 	26 Fall Farro Salad w/ Pecans Pears 	27 Chicken Cobb Salad Pesto Pasta Salad Tropical Fruit Salad w/ Coconut	28 Garden Veggie Chickpea Salad on Wheat Ambrosia Strawberry Chex Mix

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HIGHLIGHTING MENU ITEMS

FEBRUARY 18 Autumn Roasted Vegetable Salad Roasted Brussels sprouts, sweet potatoes, butternut squash, parsnips, and beans mixed with arugula and goat cheese.	FEBRUARY 19 Fall Rainbow Salad w/ Cashews Mixed broccoli, cauliflower, peppers, garbanzo beans, and kale blend, served over romaine topped with cashews and goat cheese, with honey French dressing.	FEBRUARY 24 Turkey & Cranberry Wrap House made cream cheese spread made with cranberries and rosemary, served with turkey and spinach for a tortilla wrap.	FEBRUARY 26 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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