

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: _____

| March 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. 3/3/25 | | | | | | | | | | |
| Tue. 3/4/25 | | | | | | | | | | |
| Wed. 3/5/25 | | | | | | | | | | |
| Thu. 3/6/25 | | | | | | | | | | |
| Fri. 3/7/25 | | | | | | | | | | |
| Mon. 3/10/25 | | | | | | | | | | |
| Tue. 3/11/25 | | | | | | | | | | |
| Wed. 3/12/25 | | | | | | | | | | |
| Thu. 3/13/25 | | | | | | | | | | |
| Fri. 3/14/25 | | | | | | | | | | |
| Mon. 3/17/25 | | | | | | | | | | |
| Tue. 3/18/25 | | | | | | | | | | |
| Wed. 3/19/25 | | | | | | | | | | |
| Thu. 3/20/25 | | | | | | | | | | |
| Fri. 3/21/25 | | | | | | | | | | |
| Mon. 3/24/25 | | | | | | | | | | |
| Tue. 3/25/25 | | | | | | | | | | |
| Wed. 3/26/25 | | | | | | | | | | |
| Thu. 3/27/25 | | | | | | | | | | |
| Fri. 3/28/25 | | | | | | | | | | |
| Mon. 3/31/25 | | | | | | | | | | |