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SourcePoint Meals on Wheels Program

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

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

MARCH 7 BBQ Pork Loin w/ Peach BBQ Two pork loin slices topped with a house blended BBQ Sauce using caramelized peaches.	MARCH 11 Beef Shepherds Pie Savory and traditional beef mixture that consists of diced carrots, celery, onions, and peas, topped with a delicious layer of cheesy mashed potatoes.	MARCH 21 Broccoli Cheddar Squash Bake Broccoli cheddar sauce blended together with fresh spaghetti squash, broccoli, and topped with fried onions.	MARCH 25 Turkey Taco Stuffed Pepper 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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SourcePoint Meals on Wheels Program

MARCH - COLD CARB CONTROL

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(740) 204-2434 or spnutrition@mysourcepoint.org



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

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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

MARCH 5 Roasted Veg. & Chicken Salad A bed of spinach topped with a delicious chickpea and roasted vegetable mixture accompanied with small diced chicken, and finished with feta cheese crumbles.	MARCH 13 Turkey Salad w/ Pecans Wrap The perfect Fall wrap, with small diced chunks of roasted turkey combined with fresh celery, onions, craisins, and pecan pieces. All wrapped up into a delicious tortilla.	MARCH 27 Southwest Salad w/ Beef 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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