

NAME _____

SourcePoint Meals on Wheels Program

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



MARCH - HOT DAILY

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

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

MARCH - COLD DAILY

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

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HIGHLIGHTING MENU ITEMS

MARCH 6 Autumn Salad w/ Pecans 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	MARCH 21 Pecan Chicken Salad Wrap A Fall twist on chicken salad with cranberries and pecans blended together and served with a tortilla wrap.	MARCH 27 Cranberry, Quinoa, Pecan, Kale Salad 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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