

NAME _____

SourcePoint Meals on Wheels Program

APRIL - 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
	1 Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup	2 Cheese Pizza Mixed Vegetables Maple Spiced Peaches	3 Turkey Burger w/ Swiss & Caramelized Onions Roasted Roma Tomatoes Succotash	4 Honey Lime Chicken Thighs over Coconut Rice Green Beans Carrots
7 Pork Loin w/ Roasted Peach BBQ Sauce over Mashed Redskin Potatoes Succotash Brussels Sprouts	8 Sloppy Joe Roasted Yukon Potatoes Mixed Vegetables	9 White Bean Chicken Chili Green Beans Brussels Sprouts Tortilla Chips	10 Portobella Fajitas Seasoned Black Beans Corn	11 Potato Crusted Tilapia Lemon Herb Rice Peas & Carrots Roll w/ Butter
14 Veggie Cakes w/ Ranch Sauteed Super Greens & White Beans Country Apples	15 Bacon, Asparagus & Leek Quiche Herb Roasted Redskin Potatoes Mixed Vegetables	16 Beef Burger w/ Provolone, Onions & Mushrooms Roasted Yukon Potatoes Succotash	17 Seared Cod w/ White Wine & Tomato Basil Sauce Mashed Yukon Potatoes Peas & Carrots Roll w/ Butter	18 Chicken Fajita Stuffed Peppers Seasoned Black Beans Corn
21 Lemon Ricotta Pasta Malibu Veg Blend Maple Spiced Pears	22 Summer Seafood & Potato Bake Green Beans Carrots	23 Quinoa & Veg Stuffed Pepper w/ Feta Stewed Tomatoes Succotash Garlic Breadstick	24 Pineapple Bourbon Glazed Chicken over Asian Rice Kyoto Vegetables Peas	25 Meatloaf Roasted Yukon Potatoes Brussels Sprouts Peach Fruit Cup
28 Roasted Veg Stuffed Portobello Herbed Wild Rice Peas & Pearl Onions	29 Unstuffed Cabbage Roll Casserole Carrots Cornbread Applesauce Cup	30 Cheese Pizza Mixed Vegetables Maple Spiced Peaches		

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

April 4 Honey Lime Chicken Thighs Marinated chicken thighs seared and oven-finished, glazed with a flavorful honey-lime soy sauce infused with garlic and ginger.	April 9 White Bean Chicken Chili A creamy chicken and navy bean soup with sautéed peppers, onions, roasted corn and a blend of warm spices. Finished with cream cheese and topped with cheddar for a comforting dish.	April 21 Lemon Ricotta Pasta Whole grain penne pasta tossed in a creamy ricotta sauce infused with garlic, lemon and Parmesan. Finished with fresh spinach and extra Parmesan.	April 22 Summer Seafood & Potato Bake A hearty seafood medley of salmon, cod, and shrimp simmered with leeks, zucchini, mushrooms and herbs in a creamy Dijon sauce. Topped with crispy smashed potatoes.
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SourcePoint Meals on Wheels Program

APRIL - COLD LOW SODIUM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Black Bean Taco Dip w/ Tortilla Chips Roasted Sweet Potato, Corn & Black Bean Salad Mandarin Oranges	Dilled Pasta Salad w/ Bay Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit	Roast Beef & Swiss on Wheat Ranch Potato Salad Peaches Sliced Apples	Cottage Cheese & Pineapple Banana Muffin Trail Mix
7	8	9	10	11
Turkey & Swiss Wrap Kale Almond Salad Applesauce	Mushroom, Egg, & Bacon Spinach Salad Chickpea & Kidney Bean Salad Pears Strawberry Chex Mix	Summer Vegetable Salad Potato Salad Fresh Cut Fruit Roll w/ Butter	Tuna Salad over Salad Greens Roasted Veg & White Beans Mixed Fruit Animal Crackers	Hummus Veggie on Wheat Pineapple Pistachio Ambrosia White Cheddar Popcorn
14	15	16	17	18
Asparagus, Egg, Bacon & Walnut Salad Pears Graham Crackers Clementine	Steak, Blueberry & Pecan Spinach Salad Sliced Apples w/ PB Animal Crackers	Egg Salad on Wheat Baby Carrots Fresh Cut Fruit	Chicken Salad Wrap Honey Mustard Potato Salad Mixed Fruit	Beet & Mandarin Orange Spring Mix Pears Blueberry Vanilla Bites
21	22	23	24	25
Greek Chicken & Grain Salad Broccoli & Carrots Roasted Red Pepper Hummus	Roasted Veg w/ Herbed Ricotta on Wheat Watermelon White Cheddar Popcorn	Strawberry Pecan Salmon Salad Tropical Fruit w/ Coconut Nutrigrain Blueberry Cereal Bar	Beef & Summer Vegetable Salad Pesto Pasta Salad Mixed Fruit	Superfood Salad w/ Almonds Pears Mini Blueberry Loaf
28	29	30		
Summer Chicken BLT Salad Broccoli Craisin Salad w/ Almonds Fresh Cut Fruit Baby Carrots	Black Bean Taco Dip w/ Tortilla Chips Roasted Sweet Potato, Corn & Black Bean Salad Mandarin Oranges	Dilled Pasta Salad w/ Bay Shrimp Sweet Kale Salad w/ Pecans Tropical Fruit		

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HIGHLIGHTING MENU ITEMS

April 1 Black Bean Taco Dip A creamy black bean dip blended with sour cream and cream cheese, topped with fresh corn and tomato salsa, queso fresco and sour cream. Served with crispy tortilla chips.	April 2 Dilled Pasta Salad w/ Bay Shrimp A refreshing shrimp and macaroni salad with crisp celery, peppers and red onion, tossed in a light lemon-dill dressing with mayonnaise and sour cream for a creamy, zesty finish.	April 18 Beet & Mandarin Orange Spring Mix A vibrant kale salad with sweet mandarin oranges, beets and chickpeas, topped with red onion and creamy goat cheese. Served with a raspberry vinaigrette.	April 21 Greek Chicken & Grain Salad A fresh Greek-inspired salad with marinated chicken, quinoa, cucumbers, tomatoes, Kalamata olives and red onions over crisp romaine, topped with feta cheese and served with Greek dressing.
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