



August 2026 Heart Healthy Menu

Name: _____
Address: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ☐ A: Broccoli Stuffed Chicken ☐ B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	4 ☐ A: Beef & Broccoli ☐ B: Sesame Chicken Brown Rice Vegetable Egg Roll Asian Sesame Salad	5 ☐ A: Chicken & Dumplings ☐ B: Chili Mac Scandinavian Vegetables Cinnamon Apples Cornbread	6 ☐ A: Chicken with Cranberry Or ☐ B: Pork Chop with Honey Gar Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll	7 ☐ A: Pot Roast ☐ B: Louisiana Shrimp Cheesy Grits Broccoli Fresh Orange Dinner Roll
10 ☐ A: Bruschetta Chicken ☐ B: Diced Pork in Cream Sa Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll	11 ☐ A: Salisbury Steak with O ☐ B: Turkey with Gravy Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll	12 ☐ A: Chicken Cacciatore ☐ B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll	13 ☐ A: Chicken Broccoli Rice Ca ☐ B: Ham & Beans Italian Green Beans Mixed Fruit Dinner Roll	14 ☐ A: Korean BBQ Beef ☐ B: Honey Hoisin Glazed Salmor Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll
17 ☐ A: Turkey Tetrazzini ☐ B: Pepper Steak Egg Noodle Capri Vegetables Cherry Apple Bar Dinner Roll	18 ☐ A: Beef Burgundy ☐ B: 5-Spice Chicken Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread	19 ☐ A: Mexican Beef Casserole ☐ B: Turkey Stew French Cut Green Beans Tossed Salad Dinner Roll	20 ☐ A: Beef Taco ☐ B: Chicken Taco Spanish Rice Green Beans Apple Tortilla	21 ☐ A: BBQ Chicken ☐ B: Crab Patty Couscous Italian Vegetables Orange Hamburger Bun
24 ☐ A: Cabbage Roll ☐ B: Turkey Meatball w/ Papri Egg Noodles Wax Beans Tossed Salad Dinner Roll	25 ☐ A: Meatloaf w/ Gravy ☐ B: Baked Chicken Leg Mashed Potatoes Green Peas Beet & Orange Salad Dinner Roll	26 ☐ A: Jambalaya ☐ B: Creamy Swiss Beef Brown Rice Capri Blend Vegetables Mixed Fruit Dinner Roll	27 ☐ A: Bourbon Chicken Thigh ☐ B: Pork with Mushroom Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll	28 ☐ A: Swedish Chicken Meatballs and Pasta ☐ B: Stuffed Shells with Tomato Sauce Italian Blend Vegetables Apple Dinner Roll
31 ☐ A: Beef Stew ☐ B: Spanish Rice with Chicken California Blend Vegetables Fresh Pear Dinner Roll			All meals come with milk and a butter cup. Entrée subject to change based on client diet.	CANCELLATIONS CALL 219-872-9117 by 10am the day before.