



June 2026 Renal Menu

Name: _____

Address: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ☐ A: Cabbage Roll ☐ B: Turkey Meatball with Gravy Egg Noodles Wax Beans Tossed Salad Dinner Roll	2 ☐ A: Meatloaf w/ Gravy ☐ B: Baked Chicken Leg Stuffing Green Peas Fruit Cup Dinner Roll	3 ☐ A: Chicken & Sausage with Gravy ☐ B: Beef with Gravy Brown Rice Capri Blend Vegetables Mixed Fruit Dinner Roll	4 ☐ A: Chicken Thigh with Gravy ☐ B: Pork with Gravy Creamy Polenta Carrots Peaches Dinner Roll	5 ☐ A: Chicken Meatballs w/ Gravy and Pasta Green Bean Apple Dinner Roll
8 ☐ A: Beef with Gravy & Rice ☐ B: Rice with Chicken & Gravy California Blend Vegetables Fresh Pear Dinner Roll	9 ☐ A: Chicken with Gravy ☐ B: Pork with Gravy Brown Rice Peas Aloha Coleslaw Dinner Roll	10 ☐ A: Beef with Gravy ☐ B: Chicken Breast with Gravy Whole Grain Penne Pasta Carrots Tossed Salad Dinner Roll	11 ☐ A: Hamburger ☐ B: Turkey Burger Couscous Green Beans Pears Hamburger Bun	12 ☐ A: Chicken with Gravy ☐ B: Pollock Pasta Peas Mixed Melon Dinner Roll
15 ☐ A: Beef Patty ☐ B: Pulled Pork Grits Carrots Fresh Pear Hamburger Bun	16 ☐ A: Beef with Gravy ☐ B: Chicken with Gravy Egg Noodles Broccoli Fruit Cup Dinner Roll	17 ☐ A: Chicken & Sausage w/Gravy ☐ B: Beef with Gravy Brown Rice Malibu Vegetable Blend Two Bean Salad Cornbread	18 ☐ A: Honey Mustard Chicken ☐ B: Pork Chop with Gravy Couscous Green Peas Pineapple & Mandarins Dinner Roll	19 ☐ A: Chicken Pot Pie Broccoli & Cauliflower Pears Dinner Roll
22 ☐ A: Chicken Kiev ☐ B: Swiss Steak with Gravy Stuffing Baby Carrots Fruit cup Dinner Roll	23 ☐ A: Beef & Broccoli ☐ B: Sesame Chicken Brown Rice Vegetable Egg Roll Asian Sesame Salad	24 ☐ A: Chicken & Dumplings ☐ B: Beef & Noodles with Gravy Peas Cinnamon Apples Cornbread	25 ☐ A: Chicken with Gravy ☐ B: Pork Chop w/ Honey Garlic Sauce Pasta Cauliflower Fruit Cup Dinner Roll	26 ☐ A: Pot Roast ☐ B: Louisiana Shrimp Grits Broccoli Pears Dinner Roll
29 ☐ A: Chicken with Gravy ☐ B: Diced Pork with Gravy Whole Grain Rotini Pasta Green Beans Apple Dinner Roll	30 ☐ A: Salisbury Steak w/Onion Gravy ☐ B: Turkey with Gravy Stuffing Peas & Carrots Pear Cup Dinner Roll		All meals come with milk or water and a butter cup. Entrée subject to change based on client diet.	CANCELLATIONS CALL 219-872-9117 or 219-369-6483 by 10am the day before.

Making your menu choice is easy!

- Simply circle the menu option you select on the menu order form.
- Return menu form with your volunteer or with your contribution by the 15th of the month to ensure your selections for the next month are honored.
- You will receive option A: if you do not make a choice.
- If you are on a special diet, we ask that you consider your diet restrictions when making your selection.
- Should you choose an item that does not adhere to your dietary restrictions the dietary staff at Meals on Wheels of Northwest Indiana will choose the appropriate meal selection for you.
- We will be unable to make changes due to likes and dislikes. We will, however, honor allergies when possible with a doctor's prescription.

All meals come with milk
and a butter cup.

Entrée subject to change
based on client diet.

Information to help us serve you

- DO NOT relay messages on your menu. Call the office and we will be happy to assist you.
- You may cancel due to appointments or other commitments. To avoid a charge for a missed meal, you must CALL the office before 10:00 a.m. one business day in advance.
- Be sure your name is on the order form.

KEY:

Renal Diet—low sodium, phosphorous and protein

Make your selections and return with volunteer.



MEALS on WHEELS
LAPORTE COUNTY

JUNE

Select Menu Order Form

219-872-9117
or
219-369-6483

fax 872-9118

**301 E. 8th St. Suite 110
Michigan City, IN 46360**

Every effort will be made to provide your selected meal, but occasionally you may be served another meal due to diet restriction or other circumstances.