

September 2026

Heart Healthy Menu

NAME: _____

ADDRESS: _____

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1	2	3	4
	☐ A: Orange Chicken ☐ B: Pork Chow Mein Brown Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll	☐ A: Beef Stroganoff ☐ B: Chicken Parmesan Whole Grain Penne Pasta Scandanavian Blend Vegetables Tossed Salad Dinner Roll	☐ A: Hamburger ☐ B: Turkey Burger Roasted Red Potatoes Green Beans Fresh Orange Hamburger Bun	☐ A: Spinach Artichoke Chicken ☐ B: Potato Pollock Mashed Sweet Potatoes Peas Mixed Melon Dinner Roll
7	8	9	10	11
	☐ A: Hungarian Goulash ☐ B: Chicken Alfredo Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll	☐ A: Chicken & Sausage Gumbo ☐ B: Unstuffed Pepper Casserole Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread	☐ A: Honey Mustard Chicken ☐ B: Jerk Pork Chop Couscous Green Peas Ambrosia Salad Dinner Roll	☐ A: Chicken Pot Pie ☐ B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange Dinner Roll
14	15	16	17	18
☐ A: Broccoli Stuffed Chicken ☐ B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	☐ A: Beef & Broccoli ☐ B: Sesame Chicken Brown Rice Vegetable Egg Roll Asian Sesame Salad	☐ A: Chicken & Dumplings ☐ B: Chili Mac Scandinavian Vegetables Cinnamon Apples Cornbread	☐ A: Chicken with Cranberry Orange Sauce ☐ B: Pork Chop with Honey Garlic Sauce Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll	☐ A: Pot Roast ☐ B: Louisiana Shrimp Cheesy Grits Broccoli Fresh Orange Dinner Roll
21	22	23	24	25
☐ A: Bruschetta Chicken ☐ B: Diced Pork in Cream Sauce Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll	☐ A: Salisbury Steak w/ Onion Gravy ☐ B: Turkey with Gravy Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll	☐ A: Chicken Cacciatore ☐ B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll	☐ A: Chicken Broccoli Rice Casserole ☐ B: Ham & Beans Italian Green Beans Mixed Fruit Dinner Roll	☐ A: Korean BBQ Beef ☐ B: Honey Hoisin Glazed Salmon Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll
28	29	30	30	31
☐ A: Turkey Tertazzini ☐ B: Pepper Steak Egg Noodle Capri Vegetables Cherry Apple Bar Dinner Roll	☐ A: Beef Burgundy ☐ B: 5-Spice Chicken Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread	☐ A: Mexican Beef Casserole ☐ B: Turkey Stew French Cut Green Beans Tossed Salad Dinner Roll	All meals come with milk and a butter cup. Entrée subject to change based on client diet.	CANCELLATIONS PLEASE CALL 219-872-9117 or 219-369-6483 by 10am the day before.