



# October 2026

Heart Healthy Menu

Name: \_\_\_\_\_

Address: \_\_\_\_\_

| MONDAY                                                                                                                                                                            | TUESDAY                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                            | FRIDAY                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>All meals come with milk or water and a butter cup.</p> <p>Entrée subject to change based on client diet.</p>                                                                  | <p><b>CANCELLATIONS CALL</b><br/> <b>219-872-9117</b><br/> <b>219-369-6483</b><br/> <b>by 10am the day before.</b></p>                                                              |                                                                                                                                                                                                          | <p><b>1</b></p>                                                                                                                                                                                     | <p><b>2</b></p>                                                                                                                                                                                   |
|                                                                                                                                                                                   |                                                                                                                                                                                     |                                                                                                                                                                                                          | <input type="checkbox"/> <b>A: Beef Taco</b><br><input type="checkbox"/> <b>B: Chicken Taco</b><br>Spanish Rice<br>Green Beans<br>Apple<br>Tortilla                                                 | <input type="checkbox"/> <b>A: BBQ Chicken</b><br><input type="checkbox"/> <b>B: Crab Patty</b><br>Couscous<br>Italian Vegetables<br>Orange<br>Hamburger Bun                                      |
| <p><b>5</b></p>                                                                                                                                                                   | <p><b>6</b></p>                                                                                                                                                                     | <p><b>7</b></p>                                                                                                                                                                                          | <p><b>8</b></p>                                                                                                                                                                                     | <p><b>9</b></p>                                                                                                                                                                                   |
| <input type="checkbox"/> <b>A: Cabbage Roll</b><br><input type="checkbox"/> <b>B: Turkey Meatball w/ Paprika Gravy</b><br>Egg Noodles<br>Wax Beans<br>Tossed Salad<br>Dinner Roll | <input type="checkbox"/> <b>A: Meatloaf w/ Gravy</b><br><input type="checkbox"/> <b>B: Baked Chicken Leg</b><br>Mashed Potatoes<br>Green Peas<br>Beet & Orange Salad<br>Dinner Roll | <input type="checkbox"/> <b>A: Jambalaya</b><br><input type="checkbox"/> <b>B: Creamy Swiss Beef</b><br>Brown Rice<br>Capri Blend Vegetables<br>Mixed Fruit<br>Dinner Roll                               | <input type="checkbox"/> <b>A: Bourbon Chicken Thigh</b><br><input type="checkbox"/> <b>B: Pork with Mushroom Gravy</b><br>Creamy Polenta<br>Brussel Sprouts<br>Sweet Potato Salad<br>Dinner Roll   | <input type="checkbox"/> <b>A: Swedish Chicken Meatballs and Pasta</b><br><input type="checkbox"/> <b>B: Stuffed Shells with Tomato Sauce</b><br>Italian Blend Vegetables<br>Apple<br>Dinner Roll |
| <p><b>12</b></p>                                                                                                                                                                  | <p><b>13</b></p>                                                                                                                                                                    | <p><b>14</b></p>                                                                                                                                                                                         | <p><b>15</b></p>                                                                                                                                                                                    | <p><b>16</b></p>                                                                                                                                                                                  |
| <input type="checkbox"/> <b>A: Beef Stew</b><br><input type="checkbox"/> <b>B: Ham &amp; Potato Chowder</b><br>Green Beans<br>Fresh Pear<br>Dinner Roll                           | <input type="checkbox"/> <b>A: Sesame Chicken</b><br><input type="checkbox"/> <b>B: Pork Chow Mein</b><br>Brown Rice<br>Oriental Vegetable Blend<br>Aloha Coleslaw<br>Dinner Roll   | <input type="checkbox"/> <b>A: Beef Stroganoff</b><br><input type="checkbox"/> <b>B: Chicken Parmesan</b><br>Whole Grain Penne Pasta<br>Carrots<br>Creamy Corn Salad<br>Dinner Roll                      | <input type="checkbox"/> <b>A: Baked Mostaccioli with Meat Sauce</b><br><input type="checkbox"/> <b>B: Creamy Swiss Turkey with Noodles</b><br>California Vegetables<br>Fresh Orange<br>Dinner Roll | <input type="checkbox"/> <b>A: Spinach Artichoke Chicken</b><br><input type="checkbox"/> <b>B: Potato Pollock</b><br>Mashed Sweet Potatoes<br>Peas<br>Broccoli Raisin Salad<br>Dinner Roll        |
| <p><b>19</b></p>                                                                                                                                                                  | <p><b>20</b></p>                                                                                                                                                                    | <p><b>21</b></p>                                                                                                                                                                                         | <p><b>22</b></p>                                                                                                                                                                                    | <p><b>23</b></p>                                                                                                                                                                                  |
| <input type="checkbox"/> <b>A: Sloppy Joe</b><br><input type="checkbox"/> <b>B: BBQ Pulled Pork</b><br>Potato Medley<br>Capri Vegetables<br>Fresh Pear<br>Hamburger Bun           | <input type="checkbox"/> <b>A: Hungarian Goulash</b><br><input type="checkbox"/> <b>B: Chicken Alfredo</b><br>Egg Noodles<br>Broccoli<br>Carrot Raisin Salad<br>Dinner Roll         | <input type="checkbox"/> <b>A: Chicken &amp; Sausage Gumbo</b><br><input type="checkbox"/> <b>B: Unstuffed Pepper Casserole</b><br>Brown Rice<br>Malibu Vegetable Blend<br>Three Bean Salad<br>Cornbread | <input type="checkbox"/> <b>A: Honey Mustard Chicken</b><br><input type="checkbox"/> <b>B: Ham with Cranberry Orange Sauce</b><br>Couscous<br>Green Peas<br>Ambrosia Salad<br>Dinner Roll           | <input type="checkbox"/> <b>A: Chicken Pot Pie</b><br><input type="checkbox"/> <b>B: Vegetable Lasagna</b><br>Broccoli & Cauliflower<br>Fresh Orange<br>Dinner Roll                               |
| <p><b>26</b></p>                                                                                                                                                                  | <p><b>27</b></p>                                                                                                                                                                    | <p><b>28</b></p>                                                                                                                                                                                         | <p><b>29</b></p>                                                                                                                                                                                    | <p><b>30</b></p>                                                                                                                                                                                  |
| <input type="checkbox"/> <b>A: Chicken Kiev</b><br><input type="checkbox"/> <b>B: Swiss Steak</b><br>Mashed Potatoes<br>Baby Carrots<br>Cranberry Orange Salad<br>Dinner Roll     | <input type="checkbox"/> <b>A: Beef &amp; Broccoli</b><br><input type="checkbox"/> <b>B: Sesame Chicken</b><br>Brown Rice<br>Vegetable Egg Roll<br>Asian Sesame Salad               | <input type="checkbox"/> <b>A: Chicken &amp; Dumplings</b><br><input type="checkbox"/> <b>B: Chili Mac</b><br>Scandinavian Vegetables<br>Cinnamon Apples<br>Cornbread                                    | <input type="checkbox"/> <b>A: Turkey A La King</b><br><input type="checkbox"/> <b>B: Diced Pork in Cream Sauce</b><br>Egg Noodles<br>Capri Vegetables<br>Cheesy Pea Salad<br>Dinner Roll           | <input type="checkbox"/> <b>A: Mexican Stewed Beef</b><br><input type="checkbox"/> <b>B: Louisiana Shrimp</b><br>Cheesy Grits<br>Broccoli<br>Fresh Orange<br>Dinner Roll                          |