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 Michigan City, IN 46360  
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November 2024  
 Heart Healthy Low Sodium  
 menu

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><b>All meals come with milk or juice and a butter cup.            Entrée subject to change based on client diet.            CANCELLATIONS CALL 219-872-9117 by 10am the day before.</b></p>				<b>1</b>
				<p><b>A: Creamy Lemon Chicken</b>  <b>B: Rainbow Trout Picatta</b>            Couscous            Italian Vegetables            Beet &amp; Orange Salad            Dinner Roll</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b>A: Manicotti with Meatsauce</b>  <b>B: Chicken Alfredo</b>            Normandy Blend Vegetables            Apple Granola Bar            Dinner Roll</p>	<p><b>A: Jambalaya</b>  <b>B: Beef Burgundy</b>            Rice            Green &amp; Wax Beans            Pear Waldorf Salad            Cornbread</p>	<p><b>A: Chicken Cacciatore</b>  <b>B: Lemon Butter Pollock</b>            Parsley Potatoes            Broccoli &amp; Cauliflower            Fresh Orange            Dinner Roll</p>	<p><b>A: Cabbage Roll</b>  <b>B: Chicken Meatball with Paprika Gravy</b>            Egg Noodles            Green Peas            Tossed Salad            Dinner Roll</p>	<p><b>A: Bigos (Hunters Stew)</b>  <b>B: Mediterranean Haddock Stew</b>            Capri Blend Vegetables            Mixed Fruit            Dinner Roll            Dinner Roll</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b>A: Beef Stew</b>  <b>B: Seafood Chowder</b>            California Blend Vegetables            Fresh Pear            Dinner Roll</p>	<p><b>A: Chicken Chop Suey</b>  <b>B: Pork Chow Mein</b>            Rice            Oriental Vegetable Blend            Aloha Coleslaw            Dinner Roll</p>	<p><b>A: Pork Schnitzel with Lemon Thyme Sauce</b>  <b>B: Turkey Fricassee</b>            Roasted Red Potatoes            Green Beans            Chocolate Pudding            Cornbread</p>	<p><b>A: Beef Stroganoff</b>  <b>B: Chicken Parmesan</b>            Penne Pasta            Scandanavian Blend Vegetables            Tossed Salad            Dinner Roll</p>	<p><b>A: Honey Garlic Chicken</b>  <b>B: Stuffed Salmon</b>            Mashed Sweet Potatoes            Peas            Apple Cinnamon Muffin            Dinner Roll</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>A: Turkey Stew</b>  <b>B: Ham &amp; Beans</b>            Capri Vegetables            Pound Cake            Cornbread</p>	<p><b>A: Hungarian Goulash</b>  <b>B: Lemon Dill Pollock</b>            Egg Noodles            Broccoli            Fruit Cocktail Salad            Dinner Roll</p>	<p><b>A: Jerk Pork Chop</b>  <b>B: Chicken &amp; Sausage Gumbo</b>            Rice            Malibu Vegetable Blend            Three Bean Salad            Dinner Roll</p>	<p><b>A: Honey Mustard Chicken</b>  <b>B: Herb Crusted Cod</b>            Potato Medley            Green Peas            Festive Fruit Salad            Dinner Roll</p>	<p><b>A: Italian Meatballs with Tomato Sauce</b>  <b>B: Butternut Squash in Maple Cream</b>            Bowtie Pasta            Italian Blend Vegetables            Apple            Dinner Roll</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>A: Breaded Chicken Breast w/ Gravy</b>  <b>B: Beef Pot Roast</b>            Mashed Potatoes            Baby Carrots            Cranberry Orange Salad            Dinner Roll</p>	<p><b>A: Sweet &amp; Sour Pork</b>  <b>B: Sesame Chicken</b>            Rice            Vegetable Egg Roll            Spinach Salad</p>	<p><b>A: Beef Shepards Pie</b>  <b>B: Turkey &amp; Potato Au Gratin</b>            French Cut Green Beans            Fresh Orange            Dinner Roll</p>	<p><b>CLOSED.</b>  <b>Happy Thanksgiving!</b>   <b>No deliveries.</b></p>	