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December 2024
 Heart Healthy Low
 Sodium menu

Name: _____
 Address: _____

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
A: Creamy Swiss Beef B: Bruschetta Chicken Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll	A: Turkey with Gravy B: Potato Encrusted Pollock Cornbread Stuffing Peas & Carrots Pumpkin Cheesecake Dinner Roll	A: Pork Chop with Fried Apples B: Bourbon Chicken Thigh Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll	A: Creamy Chicken & Parmesan Gnocchi B: Beef Casserole Italian Green Beans Brownie Cookie Dinner Roll	A: Korean BBQ Beef B: Honey Hoisin Glazed Salmon Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
A: Chicken A La King B: Pepper Steak Rice Wax Beans Cherry Apple Bar Dinner Roll	A: Meatloaf with Gravy B: Baked Chicken Leg Mashed Potatoes Buttered Corn Fresh Orange Dinner Roll	A: Honey Glazed Pork Chop B: Asian Turkey Rib Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll	A: Beef Taco B: Chicken Taco Spanish Rice Corn & Black Bean Fiesta Fudge Cream Cookie Tortilla	A: Creamy Lemon Chicken B: Rainbow Trout Picatta Couscous Italian Vegetables Beet & Orange Salad Dinner Roll
<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>
A: Manicotti with Meatsauce B: Chicken Alfredo Normandy Blend Vegetables Apple Granola Bar Dinner Roll	A: Jambalaya B: Beef Burgundy Rice Green & Wax Beans Pear Waldorf Salad Cornbread	A: Chicken Cacciatore B: Lemon Butter Pollock Parsley Potatoes Broccoli & Cauliflower Fresh Orange Dinner Roll	A: Cabbage Roll B: Chicken Meatball w/ Paprika Gravy Egg Noodles Green Peas Tossed Salad Dinner Roll	A: Bigos (Hunters Stew) B: Mediterranean Haddock Stew Capri Blend Vegetables Mixed Fruit Dinner Roll
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
A: Beef Stew B: Seafood Chowder California Blend Vegetables Fresh Pear Dinner Roll	Merry Christmas! CLOSED. NO DELIVERIES.	Merry Christmas! CLOSED. NO DELIVERIES.	A: Beef Stroganoff B: Chicken Parmesan Penne Pasta Scandanavian Blend Vegetables Tossed Salad Dinner Roll	A: Honey Garlic Chicken B: Stuffed Salmon Mashed Sweet Potatoes Peas Apple Cinnamon Muffin Dinner Roll
<u>30</u>	<u>31</u>			
A: Turkey Stew B: Ham & Beans Capri Vegetables Pound Cake Cornbread	Happy New Year! CLOSED. NO DELIVERIES.		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.	

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