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January 2025 Low
 Sodium Heart Healthy Menu

Name: _____
 Address: _____

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		<u>1</u>	<u>2</u>	<u>3</u>
<p>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.</p>		<p>CLOSED <i>Happy New Year!</i> No deliveries.</p>	<p>A: Honey Mustard Chicken B: Herb Crusted Cod Potato Medley Green Peas Festive Fruit Salad Dinner Roll</p>	<p>A: Italian Meatballs with Tomato Sauce B: Butternut Squash in Maple Cream Bowtie Pasta Italian Blend Vegetables Apple Dinner Roll</p>
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
<p>A: Breaded Chicken Breast w/ Gravy B: Beef Pot Roast Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll</p>	<p>A: Sweet & Sour Pork B: Sesame Chicken Rice Vegetable Egg Roll Spinach Salad</p>	<p>A: Beef Shepards Pie B: Turkey & Potato Au Gratin French Cut Green Beans Fresh Orange Dinner Roll</p>	<p>A: Chicken & Dumplings B: Chili Mac Mixed Vegetables Peach Crisp Cornbread</p>	<p>A: Smothered Pork Chop B: Shrimp Scampi Cheesy Grits Broccoli Tossed Salad Dinner Roll</p>
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
<p>A: Creamy Swiss Beef B: Bruschetta Chicken Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll</p>	<p>A: Turkey with Gravy B: Potato Encrusted Pollock Cornbread Stuffing Peas & Carrots Pumpkin Cheesecake Dinner Roll</p>	<p>A: Pork Chop with Fried Apples B: Bourbon Chicken Thigh Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll</p>	<p>A: Creamy Chicken & Parmesan Gnocchi B: Beef Casserole Italian Green Beans Brownie Cookie Dinner Roll</p>	<p>A: Korean BBQ Beef B: Honey Hoisin Glazed Salmon Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll</p>
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
<p>A: Chicken A La King B: Pepper Steak Rice Wax Beans Cherry Apple Bar Dinner Roll</p>	<p>A: Meatloaf w/ Gravy B: Baked Chicken Leg Mashed Potatoes Buttered Corn Fresh Orange Dinner Roll</p>	<p>A: Honey Glazed Pork Chop B: Asian Turkey Rib Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll</p>	<p>A: Beef Taco B: Chicken Taco Spanish Rice Corn & Black Bean Fiesta Fudge Cream Cookie Tortilla</p>	<p>A: Creamy Lemon Chicken B: Rainbow Trout Picatta Couscous Italian Vegetables Beet & Orange Salad Dinner Roll</p>
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
<p>A: Manicotti with Meatsauce B: Chicken Alfredo Normandy Blend Vegetables Apple Granola Bar Dinner Roll</p>	<p>A: Jambalaya B: Beef Burgundy Rice Green & Wax Beans Pear Waldorf Salad Cornbread</p>	<p>A: Chicken Cacciatore B: Lemon Butter Pollock Parsley Potatoes Broccoli & Cauliflower Fresh Orange Dinner Roll</p>	<p>A: Cabbage Roll B: Chicken Meatball w/ Paprika Gravy Egg Noodles Green Peas Tossed Salad Dinner Roll</p>	<p>A: Bigos (Hunters Stew) B: Mediterranean Haddock Stew Capri Blend Vegetables Mixed Fruit Dinner Roll</p>