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April 2025  
 Heart Healthy Menu

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
<b>A: BBQ Chicken</b> <b>B: Chop Steak</b> Sweet Potato Cubes Carrots Fudge Cream Cookie Hamburger Bun	<b>A: Beef Stew</b> <b>B: Ham &amp; Potato Au Gratin</b>  Broccoli Beet & Orange Salad Dinner Roll	<b>A: Creamy Swiss Chicken Thigh</b> <b>B: BBQ Pork Rib Tips</b> Potato Medley Capri Blend Vegetables Orange Dinner Roll	<b>A: Meatloaf w/ Gravy</b> <b>B: Baked Chicken Leg</b> Mashed Potatoes Peas Tapioca Pudding Cornbread	<b>A: Pork Taco Al Pastor</b> <b>B: Baja Fish Taco</b> Cilantro Lime Rice Mixed Vegetables Apple Tortilla
<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>
<b>A: Chicken Piccata</b> <b>B: Pork Chop with Honey Glaze</b> Couscous California Blend Vegetables Pineapple Chunks Dinner Roll	<b>A: Turkey A La King</b> <b>B: Pepper Steak</b> Rice Yellow Wax Beans Creamy Corn Salad Dinner Roll	<b>A: Swiss Steak with Onion Gravy</b> <b>B: Aloha Chicken</b> Roasted Rosemary Potatoes Peas & Carrots Fresh Orange Dinner Roll	<b>A: Turkey Santa Fe</b> <b>B: Teriyaki Beef</b> Rice Corn & Black Bean Fiesta Cherry Apple Bar Dinner Roll	<b>A: Mostaccioli w/ Meat Sauce</b> <b>B: Tuna Noodle Casserole</b> Penne Pasta Italian Blend Vegetables Tossed Salad Dinner Roll
<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>
<b>A: Chicken &amp; Noodles</b> <b>B: Swedish Meatballs</b> Egg Noodles Whole Baby Carrots Blushing Pears Dinner Roll	<b>A: Beef Jagerschnitzel</b> <b>B: Creamed Turkey</b> Mashed Potatoes Scandinavian Blend Vegetables Cheesy Pea Salad Dinner Roll	<b>A: Pork Burger w/ Onion Jam</b> <b>B: Whitefish Burger</b> Macaroni & Cheese Capri Blend Vegetables Blueberry Muffin Hamburger Bun	<b>A: Turkey Diane</b> <b>B: Pork w/ Apple Cranberry Chutney</b> Creamy Parmesan Polenta Italian Green Beans Diced Peaches Dinner Roll	<b>NO MEAL DELIVERY</b>
<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
<b>A: Lasagna</b> <b>B: Chicken Pot Pie</b> Italian Blend Vegetables Apple Dinner Roll	<b>A: Pork Roast w/ Pineapple Salsa</b> <b>B: Cajun Catfish</b> Cheesy Grits Mixed Vegetables Tossed Salad Dinner Roll	<b>A: Beef Stir Fry</b> <b>B: Sweet &amp; Sour Chicken</b> White Rice Vegetable Egg Roll Asian Sesame Salad	<b>A: BBQ Pulled Pork</b> <b>B: Turkey Burger Patty</b> Sweet Potato Cubes Succotash Blend Vegetables Chocolate Pudding Hamburger Bun	<b>A: Broccoli Stuffed Chicken</b> <b>B: Lemon Garlic Haddock</b> Lentil Pilaf Peas Malibu Fruit Salad Cornbread
<u>28</u>	<u>29</u>	<u>30</u>	<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.            CHOOSE OPTION A or B</b>	
<b>A: Chicken Fajita</b> <b>B: Beef Fajita</b> Spanish Rice California Blend Vegetables Fresh Orange Tortilla	<b>A: Sloppy Joe</b> <b>B: Salmon Burger</b> Roasted Red Potatoes French Cut Green Beans Pear Hamburger Bun	<b>A: Diced Pork in Cream Sauce</b> <b>B: Creamy Lemon Chicken</b> Egg Noodles Cauliflower Three Bean Salad Dinner Roll		