



**MARCH 2026**  
Heart Healthy 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>
<input type="checkbox"/> <b>A: Chicken A La King</b> <input type="checkbox"/> <b>B: Pepper Steak</b> Egg Noodles Wax Beans Cherry Apple Bar Dinner Roll	<input type="checkbox"/> <b>A: Meatloaf with Gravy</b> <input type="checkbox"/> <b>B: Baked Chicken Leg</b> Mashed Potatoes Buttered Corn Fresh Orange Dinner Roll	<input type="checkbox"/> <b>A: Pork Chop with Honey Garlic Sauce</b> <input type="checkbox"/> <b>B: Asian Turkey Rib</b> Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll	<input type="checkbox"/> <b>A: Beef Taco</b> <input type="checkbox"/> <b>B: Chicken Taco</b> Spanish Rice Corn & Black Bean Fiesta Fudge Cream Cookie Tortilla	<input type="checkbox"/> <b>A: Creamy Lemon Chicken</b> <input type="checkbox"/> <b>B: Sole Almondine</b> Couscous Italian Vegetables Beet & Orange Salad Dinner Roll
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
<input type="checkbox"/> <b>A: Pork Cacciatore</b> <input type="checkbox"/> <b>B: Chicken Kiev</b> Roasted Potatoes Normandy Vegetables Apple Granola Bar Dinner Roll	<input type="checkbox"/> <b>A: Beef Burgundy</b> <input type="checkbox"/> <b>B: Braised Pork Ragu</b> Rice Green & Wax Beans Pear Waldorf Salad Cornbread	<input type="checkbox"/> <b>A: Chicken Vesuvio</b> <input type="checkbox"/> <b>B: Vegetable Lasagna</b> Broccoli & Cauliflower Fresh Orange Dinner Roll	<input type="checkbox"/> <b>A: Cabbage Roll in Tomato Sauce</b> <input type="checkbox"/> <b>B: Chicken Meatballs with Paprika Gravy</b> Egg Noodles Green Peas Tossed salad Dinner Roll	<input type="checkbox"/> <b>A: Jambalaya</b> <input type="checkbox"/> <b>B: Seafood Newburg</b> Rice Capri Blend Vegetables Mixed Fruit Dinner Roll
<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>
<input type="checkbox"/> <b>A: Beef Stew</b> <input type="checkbox"/> <b>B: Chicken, Potato &amp; Corn Chowder</b> California Vegetables Fresh Pear Dinner Roll	<input type="checkbox"/> <b>A: Orange Chicken</b> <input type="checkbox"/> <b>B: Pork Chow Mein</b> Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll	<input type="checkbox"/> <b>A: Beef Stroganoff</b> <input type="checkbox"/> <b>B: Chicken Parmesan</b> Penne Pasta Scandinavian Vegetables Tossed Salad Dinner Roll	<input type="checkbox"/> <b>A: Pork Schnitzel with Lemon Sauce</b> <input type="checkbox"/> <b>B: Turkey Carbonara</b> Roasted Red Potatoes Green Beans Chocolate Pudding Cornbread	<input type="checkbox"/> <b>A: Spinach Artichoke Chicken</b> <input type="checkbox"/> <b>B: Stuffed Shells with Tomato Sauce</b> Peas Apple Cinnamon Muffin Dinner Roll
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
<input type="checkbox"/> <b>A: Turkey Fricassee</b> <input type="checkbox"/> <b>B: Lemon Dill Pollock</b> Potato Medley Capri Vegetables Pound Cake Cornbread	<input type="checkbox"/> <b>A: Hungarian Goulash</b> <input type="checkbox"/> <b>B: Chicken Alfredo</b> Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll	<input type="checkbox"/> <b>A: Chicken &amp; Sausage Gumbo</b> <input type="checkbox"/> <b>B: Unstuffed Pepper Casserole</b> Rice Malibu Vegetables Three Bean Salad Dinner Roll	<input type="checkbox"/> <b>A: Honey Mustard Chicken</b> <input type="checkbox"/> <b>B: Jerk Pork Chop</b> Couscous Green Peas Ambrosia Salad Dinner Roll	<input type="checkbox"/> <b>A: Italian Meatballs with Tomato Sauce</b> <input type="checkbox"/> <b>B: Orange Roughy with Citrus Sauce</b> Bowtie Pasta Italian Vegetables Fresh Apple Dinner Roll
<u>30</u>	<u>31</u>	<b>301 E 8th St Suite 110</b> Michigan City, IN 46360 219-872-9117 phone 219-872-9118 fax		<b>CANCELLATIONS CALL</b> <b>219-872-9117</b> <b>by 10am the day before.</b>
<input type="checkbox"/> <b>A: Chicken Cordon Bleu</b> <input type="checkbox"/> <b>B: Swiss Steak</b> Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	<input type="checkbox"/> <b>A: Sweet &amp; Sour Pork</b> <input type="checkbox"/> <b>B: Sesame Chicken</b> Rice Vegetable Egg Roll Asian Sesame Salad	<b>All meals come with milk or juice</b> <b>and a butter cup.</b>  <b>Entrée subject to change</b> <b>based on client diet.</b>		