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October 2025 Heart Healthy Menu

Name: _____

Address: _____

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>29</u>	<u>30</u>	<u>1</u>	<u>2</u>	<u>3</u>
A: Beef Stew B: Chicken, Potato, Corn Chowder California Blend Vegetables Fresh Pear Dinner Roll	A: Orange Chicken B: Pork Chow Mein Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll	A: Beef Stroganoff B: Chicken Parmesan Penne Pasta Scandinavian Vegetables Tossed Salad Dinner Roll	A: Pork Schnitzel with Lemon Sauce B: Turkey Carbonara Roasted Red Potatoes Green Beans Chocolate Pudding Cornbread	A: Spinach Artichoke Chicken B: Stuffed Shells- Tomato Sauce Mashed Sweet Potatoes Peas Apple Cinnamon Muffin Dinner Roll
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
A: Turkey Fricassee B: Lemon Dill Pollock Potato Medley Capri Vegetables Pound Cake Cornbread	A: Hungarian Goulash B: Chicken Alfredo Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll	A: Chicken & Sausage Gumbo B: Unstuffed Pepper Casserole Rice Malibu Vegetables Three Bean Salad Dinner Roll	A: Honey Mustard Chicken B: Jerk Pork Chop Couscous Green Peas Ambrosia Salad Dinner Roll	A: Italian Meatballs/Tomato Sauce B: Orange Roughy/Citrus Sauce Bowtie Pasta Italian Vegetables Fresh Apple Dinner Roll
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
A: Chicken Kiev B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	A: Sweet & Sour Pork B: Sesame Chicken Rice Vegetable Egg Roll Asian Sesame Salad	A: Beef Shepards Pie B: Turkey Stew French Cut Green Beans Fresh Orange Dinner Roll	A: Chicken & Dumplings B: Chili Mac Mixed Vegetables Apple Crisp Cornbread	A: Cajun Braised Beef B: Louisiana Shrimp Cheesy Grits Broccoli Tossed Salad Dinner Roll
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
A: Bruschetta Chicken B: Diced Pork in Cream Sauce Rotini Pasta Scandinavian Vegetables Apple Dinner Roll	A: Turkey with Gravy B: Herbed Cod Cornbread Stuffing Peas & Carrots Pumpkin Cheesecake Dinner Roll	A: Salisbury Steak with Onion Gravy B: Bourbon Chicken Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll	A: Chicken Macaroni B: Ham & Beans Italian Green Beans Oatmeal Cream Pie Dinner Roll	A: Korean BBQ Beef B: Honey Hoisin Salmon Rice Kyoto Vegetables Pineapple Chunks Dinner Roll
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
A: Chicken A La King B: Pepper Steak Egg Noodles Wax Beans Cherry Apple Bar Dinner Roll	A: Meatloaf with Gravy B: Baked Chicken Leg Mashed Potatoes Buttered Corn Fresh Orange Dinner Roll	A: Pork Chop with Honey Garlic Sauce 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: Sole Almondine Couscous Italian Vegetables Beet & Orange Salad Dinner Roll
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.