



301 E 8th St Suite 110
Michigan City, IN 46360
PHONE: 219-872-9117
FAX: 219--872-9118

September 2025 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>	<u>4</u>	<u>5</u>
CLOSED. Happy Labor Day! No Deliveries.	A: Sloppy Joe B: Salmon Burger Roasted Red Potatoes French Cut Green Beans Pear Hamburger Bun	A: Diced Pork in Cream Sauce B: Creamy Lemon Chicken Egg Noodles Cauliflower Three Bean Salad Dinner Roll	A: Beef Pot Roast B: Turkey Marsala Mashed Potatoes Scandinavian Blend Vegetables Cranberry Orange Salad Dinner Roll	A: Herb Chicken Thigh B: Creole Shrimp Rice Pilaf Corn & Edamame Medley Pear Waldorf Salad Dinner Roll
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
A: Pork Cutlet w/ Mushroom Gravy B: Chicken Spinach Artichoke Parsley Potatoes Peas & Carrots Pound Cake Dinner Roll	A: Beef Ragu B: Turkey Carbonara Penne Mixed Vegetables Coleslaw Dinner Roll	A: Chicken Kiev B: Salisbury Steak w/Onion Gravy Mashed Potatoes Normandy Blend Vegetables Tossed Salad Dinner Roll	A: Pork Chop w/ Asian Chili Sauce B: Chicken w/ Paprika Gravy Couscous Roasted Brussel Sprouts Carrot Raisin Salad Dinner Roll	A: Unstuffed Pepper Casserole B: New England Clam Chowder Green Beans Oatmeal Cream Pie Dinner Roll
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
A: BBQ Chicken B: Chop Steak Sweet Potato Cubes Carrots Fudge Cream Cookie Hamburger Bun	A: Beef Stew B: Ham & Potato Au Gratin Broccoli Beet & Orange Salad Dinner Roll	A: Creamy Swiss Chicken Thigh B: BBQ Pork Rib Tips Potato Medley Capri Blend Vegetables Orange Dinner Roll	A: Meatloaf w/ Gravy B: Baked Chicken Leg Mashed Potatoes Peas Tapioca Pudding Cornbread	A: Pork Taco Al Pastor B: Baja Fish Taco Cilantro Lime Rice Mixed Vegetables Apple Tortilla
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
A: Chicken Piccata B: Pork Chop with Honey Glaze Couscous California Blend Vegetables Pineapple Chunks Dinner Roll	A: Turkey A La King B: Pepper Steak Rice Yellow Wax Beans Creamy Corn Salad Dinner Roll	A: Swiss Steak with Onion Gravy B: Aloha Chicken Roasted Rosemary Potatoes Peas & Carrots Fresh Orange Dinner Roll	A: Turkey Santa Fe B: Teriyaki Beef Rice Corn & Black Bean Fiesta Cherry Apple Bar Dinner Roll	A: Mostaccioli w/ Meat Sauce B: Tuna Noodle Casserole Penne Pasta Italian Blend Vegetables Tossed Salad Dinner Roll
<u>29</u>	<u>30</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		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.