



301 E 8th St Suite 110
Michigan City, IN 46360
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June 2025 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>
A: Lasagna B: Chicken Pot Pie Italian Blend Vegetables Apple Dinner Roll	A: Pork Roast w/ Pineapple Salsa B: Cajun Catfish Cheesy Grits Mixed Vegetables Tossed Salad Dinner Roll	A: Beef Stir Fry B: Sweet & Sour Chicken White Rice Vegetable Egg Roll Asian Sesame Salad	A: BBQ Pulled Pork B: Turkey Burger Patty Sweet Potato Cubes Succotash Blend Vegetables Chocolate Pudding Hamburger Bun	A: Broccoli Stuffed Chicken B: Lemon Garlic Haddock Lentil Pilaf Peas Malibu Fruit Salad Cornbread
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
A: Chicken Fajita B: Beef Fajita Spanish Rice California Blend Vegetables Fresh Orange Tortilla	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>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</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>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</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>30</u>			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.	
A: Chicken Piccata B: Pork Chop with Honey Glaze Couscous California Blend Vegetables Pineapple Chunks Dinner Roll				