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May 2025  
Heart Healthy Menu

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><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.</b></p>				<b>1</b>
				<b>2</b>
			<p><b>A: Beef Pot Roast</b> <b>B: Turkey Marsala</b></p> <p>Mashed Potatoes Scandinavian Blend Vegetables Cranberry Orange Salad Dinner Roll</p>	<p><b>A: Herb Chicken Thigh</b> <b>B: Creole Shrimp</b></p> <p>Rice Pilaf Corn &amp; Edamame Medley Pear Waldorf Salad Dinner Roll</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p><b>A: Pork Cutlet w/ Mushroom Gravy</b> <b>B: Chicken Spinach Artichoke</b></p> <p>Parsley Potatoes Peas &amp; Carrots Pound Cake Dinner Roll</p>	<p><b>A: Beef Ragù</b> <b>B: Turkey Carbonara</b></p> <p>Penne Mixed Vegetables Coleslaw Dinner Roll</p>	<p><b>A: Chicken Kiev</b> <b>B: Salisbury Steak w/Onion Gravy</b></p> <p>Mashed Potatoes Normandy Blend Vegetables Tossed Salad Dinner Roll</p>	<p><b>A: Pork Chop w/ Asian Chili Sauce</b> <b>B: Chicken w/ Paprika Gravy</b></p> <p>Couscous Roasted Brussel Sprouts Carrot Raisin Salad Dinner Roll</p>	<p><b>A: Unstuffed Pepper Casserole</b> <b>B: New England Clam Chowder</b></p> <p>Green Beans Oatmeal Cream Pie Dinner Roll</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p><b>A: BBQ Chicken</b> <b>B: Chop Steak</b></p> <p>Sweet Potato Cubes Carrots Fudge Cream Cookie Hamburger Bun</p>	<p><b>A: Beef Stew</b> <b>B: Ham &amp; Potato Au Gratin</b></p> <p>Broccoli Beet &amp; Orange Salad Dinner Roll</p>	<p><b>A: Creamy Swiss Chicken Thigh</b> <b>B: BBQ Pork Rib Tips</b></p> <p>Potato Medley Capri Blend Vegetables Orange Dinner Roll</p>	<p><b>A: Meatloaf w/ Gravy</b> <b>B: Baked Chicken Leg</b></p> <p>Mashed Potatoes Peas Tapioca Pudding Cornbread</p>	<p><b>A: Pork Taco Al Pastor</b> <b>B: Baja Fish Taco</b></p> <p>Cilantro Lime Rice Mixed Vegetables Apple Tortilla</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p><b>A: Chicken Piccata</b> <b>B: Pork Chop with Honey Glaze</b></p> <p>Couscous California Blend Vegetables Pineapple Chunks Dinner Roll</p>	<p><b>A: Turkey A La King</b> <b>B: Pepper Steak</b></p> <p>Rice Yellow Wax Beans Creamy Corn Salad Dinner Roll</p>	<p><b>A: Swiss Steak with Onion Gravy</b> <b>B: Aloha Chicken</b></p> <p>Roasted Rosemary Potatoes Peas &amp; Carrots Fresh Orange Dinner Roll</p>	<p><b>A: Turkey Santa Fe</b> <b>B: Teriyaki Beef</b></p> <p>Rice Corn &amp; Black Bean Fiesta Cherry Apple Bar Dinner Roll</p>	<p><b>A: Mostaccioli w/ Meat Sauce</b> <b>B: Tuna Noodle Casserole</b></p> <p>Penne Pasta Italian Blend Vegetables Tossed Salad Dinner Roll</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p><b>CLOSED.</b>  <b>Happy Memorial Day!</b>  <b>No Deliveries.</b></p>	<p><b>A: Beef Jagerschnitzel</b> <b>B: Creamed Turkey</b></p> <p>Mashed Potatoes Scandinavian Blend Vegetables Cheesy Pea Salad Dinner Roll</p>	<p><b>A: Pork Burger w/ Onion Jam</b> <b>B: Whitefish Burger</b></p> <p>Macaroni &amp; Cheese Capri Blend Vegetables Blueberry Muffin Hamburger Bun</p>	<p><b>A: Turkey Diane</b> <b>B: Pork w/ Apple Cranberry Chutney</b></p> <p>Creamy Parmesan Polenta Italian Green Beans Diced Peaches Dinner Roll</p>	<p><b>A: Breaded Chicken Breast</b> <b>B: Crab Cake</b></p> <p>Roasted Red Potatoes Sugar Snap Peas Fresh Orange Hamburger Bun</p>