



301 E 8th St Suite 110
Michigan City, IN 46360
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August 2025 Heart Healthy Menu

Name: _____
Address: _____

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>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.</p>				1
4	5	6	7	8
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
11	12	13	14	15
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
18	19	20	21	22
A: Chicken & Noodles B: Swedish Meatballs Egg Noodles Whole Baby Carrots Blushing Pears Dinner Roll	A: Beef Jagerschnitzel B: Creamed Turkey Mashed Potatoes Scandinavian Blend Vegetables Cheesy Pea Salad Dinner Roll	A: Pork Burger w/ Onion Jam B: Whitefish Burger Macaroni & Cheese Capri Blend Vegetables Blueberry Muffin Hamburger Bun	A: Turkey Diane B: Pork w/ Apple Cranberry Chut Creamy Parmesan Polenta Italian Green Beans Diced Peaches Dinner Roll	A: Breaded Chicken Breast B: Crab Cake Roasted Red Potatoes Sugar Snap Peas Fresh Orange Hamburger Bun
25	26	27	28	29
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