



April 2026

Heart Healthy Menu

NAME: _____

ADDRESS: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals come with milk or juice and a butter cup.</p> <p>Entrée subject to change based on client diet.</p>	<p>CANCELLATIONS CALL 219-872-9117 OR 219-369-6483 by 10am the day before.</p>	<p><u>1</u></p> <input type="checkbox"/> A: Beef Shepherd's Pie <input type="checkbox"/> B: Turkey Stew French Cut Green Beans Fresh Orange Dinner Roll	<p><u>2</u></p> <input type="checkbox"/> A: Chicken & Dumplings <input type="checkbox"/> B: Chili Mac Mixed Vegetables Apple Crisp Cornbread	<p><u>3</u></p> <p>NO MEAL DELIVERY</p>
		<p><u>6</u></p> <input type="checkbox"/> A: Bruschetta Chicken <input type="checkbox"/> B: Diced Pork in Cream Sauce Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll	<p><u>7</u></p> <input type="checkbox"/> A: Salisbury Steak with Onion Gravy <input type="checkbox"/> B: Turkey with Gravy Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll	<p><u>8</u></p> <input type="checkbox"/> A: Chicken Cacciatore <input type="checkbox"/> B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll
<p><u>13</u></p> <input type="checkbox"/> A: Turkey Tetrazzini <input type="checkbox"/> B: Pepper Steak Egg Noodle Capri Vegetables Cherry Apple Bar Dinner Roll	<p><u>14</u></p> <input type="checkbox"/> A: Beef Burgundy <input type="checkbox"/> B: 5-Spice Chicken Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread	<p><u>15</u></p> <input type="checkbox"/> A: Mexican Beef Casserole <input type="checkbox"/> B: Turkey Stew French Cut Green Beans Tossed Salad Dinner Roll	<p><u>16</u></p> <input type="checkbox"/> A: Beef Taco <input type="checkbox"/> B: Chicken Taco Spanish Rice Green Beans Apple Tortilla	<p><u>17</u></p> <input type="checkbox"/> A: BBQ Chicken <input type="checkbox"/> B: Crab Patty Couscous Italian Vegetables Orange Hamburger Bun
<p><u>20</u></p> <input type="checkbox"/> A: Cabbage Roll <input type="checkbox"/> B: Turkey Meatball w/ Paprika Gravy Egg Noodles Wax Beans Tossed Salad Dinner Roll	<p><u>21</u></p> <input type="checkbox"/> A: Meatloaf w/ Gravy <input type="checkbox"/> B: Baked Chicken Leg Mashed Potatoes Green Peas Beet & Orange Salad Dinner Roll	<p><u>22</u></p> <input type="checkbox"/> A: Jambalaya <input type="checkbox"/> B: Creamy Swiss Beef Brown Rice Capri Blend Vegetables Mixed Fruit Dinner Roll	<p><u>23</u></p> <input type="checkbox"/> A: Bourbon Chicken Thigh <input type="checkbox"/> B: Pork with Mushroom Gravy Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll	<p><u>24</u></p> <input type="checkbox"/> A: Swedish Chicken Meatballs and Pasta <input type="checkbox"/> B: Stuffed Shells with Tomato Sauce Italian Blend Vegetables Apple Dinner Roll
<p><u>27</u></p> <input type="checkbox"/> A: Beef Stew <input type="checkbox"/> B: Spanish Rice with Chicken California Blend Vegetables Fresh Pear Dinner Roll	<p><u>28</u></p> <input type="checkbox"/> A: Orange Chicken <input type="checkbox"/> B: Pork Chow Mein Brown Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll	<p><u>29</u></p> <input type="checkbox"/> A: Beef Stroganoff <input type="checkbox"/> B: Chicken Parmesan Whole Grain Penne Pasta Scandinavian Blend Vegetables Tossed Salad Dinner Roll	<p><u>30</u></p> <input type="checkbox"/> A: Hamburger <input type="checkbox"/> B: Turkey Burger Roasted Red Potatoes Green Beans Fresh Orange Hamburger Bun	