



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

December 2025 Heart Healthy Menu

Name: _____

Address: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
☐ A: Bruschetta Chicken ☐ B: Diced Pork in Cream Sauce Rotini Pasta Scandinavian Vegetables Apple Dinner Roll	☐ A: Turkey with Gravy ☐ B: Herbed Cod Cornbread Stuffing Peas & Carrots Pumpkin Cheesecake Dinner Roll	☐ A: Salisbury Steak w/Onion Gravy ☐ B: Bourbon Chicken Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll	☐ A: Chicken Macaroni ☐ B: Ham & Beans Italian Green Beans Oatmeal Cream Pie Dinner Roll	☐ A: Korean BBQ Beef ☐ B: Honey Hoisin Salmon Rice Kyoto Vegetables Pineapple Chunks Dinner Roll
8	9	10	11	12
☐ A: Chicken A La King ☐ B: Pepper Steak Egg Noodles Wax Beans Cherry Apple Bar Dinner Roll	☐ A: Meatloaf with Gravy ☐ B: Baked Chicken Leg Mashed Potatoes Buttered Corn Fresh Orange Dinner Roll	☐ A: Pork Chop w/Honey Garlic Sauce ☐ B: Asian Turkey Rib Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll	☐ A: Beef Taco ☐ B: Chicken Taco Spanish Rice Corn & Black Bean Fiesta Fudge Cream Cookie Tortilla	☐ A: Creamy Lemon Chicken ☐ B: Sole Almondine Couscous Italian Vegetables Beet & Orange Salad Dinner Roll
15	16	17	18	19
☐ A: Pork Cacciatore ☐ B: Chicken Cordon Bleu Roasted Potatoes Normandy Vegetables Apple Granola Bar Dinner Roll	☐ A: Beef Burgundy ☐ B: Braised Pork Ragu Rice Green & Wax Beans Pear Waldorf Salad Cornbread	☐ A: Chicken Vesuvio ☐ B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange Dinner Roll	☐ A: Cabbage Roll in Toamto Sauce ☐ B: Chicken Meatballs w/Paprika Gravy Egg Noodles Green Peas Tossed salad Dinner Roll	☐ A: Jambalaya ☐ B: Seafood Newburg Rice Capri Blend Vegetables Mixed Fruit Dinner Roll
22	23	24	25	26
☐ A: Beef Stew ☐ B: Chicken, Potato & Corn Chowder California Vegetables Dinner Roll	☐ A: Orange Chicken ☐ B: Pork Chow Mein Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll	☐ A: Beef Stroganoff ☐ B: Chicken Parmesan Penne Pasta Scandinavian Vegetables Tossed Salad Dinner Roll	MERRY CHRISTMAS  NO MEAL DELIVERY	MERRY CHRISTMAS  NO MEAL DELIVERY
29	30	31	January 1st	
☐ A: Turkey Fricassee ☐ B: Lemon Dill Pollock Potato Medley Capri Vegetables Pound Cake Cornbread	☐ A: Hungarian Goulash ☐ B: Chicken Alfredo Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll	 NO MEAL DELIVERY	 NO MEAL DELIVERY	CANCELLATIONS CALL 219-872-9117 by 10am the day before. All meals come with milk or juice and a butter cup. Entrée subject to change based on client diet.