



February 2026
Heart Healthy Menu

NAME: _____
ADDRESS: _____

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2	3	4	5	6
☐ A: Beef Stew ☐ B: Chicken, Potato & Corn Chowder California Vegetables Fresh Pear 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	☐ A: Pork Schnitzel w/Lemon Sauce ☐ B: Turkey Carbonara Roasted Red Potatoes Green Beans Chocolate Pudding Cornbread	☐ A: Spinach Artichoke Chicken ☐ B: Stuffed Shells w/Tomato Sauce Mashed Sweet Potatoes Peas Apple Cinnamon Muffin Dinner Roll
9	10	11	12	13
☐ 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	☐ A: Chicken & Sausage Gumbo ☐ B: Unstuffed Pepper Casserole Rice Malibu Vegetables Three Bean Salad Dinner Roll	☐ A: Honey Mustard Chicken ☐ B: Jerk Pork Chop Couscous Green Peas Ambrosia Salad Dinner Roll	☐ A: Italian Meatballs w/Tomato Sauce ☐ B: Orange Roughy w/Citrus Sauce Bowtie Pasta Italian Vegetables Fresh Apple Dinner Roll
16	17	18	19	20
☐ A: Chicken Cordon Bleu ☐ B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	☐ A: Sweet & Sour Pork ☐ B: Sesame Chicken Rice Vegetable Egg Roll Asian Sesame Salad	☐ A: Beef Shepherd's Pie ☐ B: Turkey Stew French Cut Green Beans Fresh Orange Dinner Roll	☐ A: Chicken & Dumplings ☐ B: Chili Mac Mixed Vegetables Apple Crisp Cornbread	☐ A: Cajun Braised Beef ☐ B: Louisiana Shrimp Cheesy Grits Broccoli Tossed Salad Dinner Roll
23	24	25	26	27
☐ 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
301 E 8th St Suite 110 Michgian City, IN 46360 219-872-9117 phone 219-872-9118 fax			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.