

May 2026 Heart Healthy Menu

Name: _____

Address: _____

		SELECT A or B							
<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>		<u>FRIDAY</u>	
<p>All meals come with milk or water 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>				<input type="checkbox"/> A: Spinach Artichoke Chicken <input type="checkbox"/> B: Potato Pollock Mashed Sweet Potatoes Peas Mixed Melon Dinner Roll	
								1	
4		5		6		7		8	
<input type="checkbox"/> A: Sloppy Joe <input type="checkbox"/> B: BBQ Pulled Pork Potato Medley Capri Vegetables Fresh Pear Hamburger Bun		<input type="checkbox"/> A: Hungarian Goulash <input type="checkbox"/> B: Chicken Alfredo Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll		<input type="checkbox"/> A: Chicken & Sausage Gumbo <input type="checkbox"/> B: Unstuffed Pepper Casserole Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread		<input type="checkbox"/> A: Honey Mustard Chicken <input type="checkbox"/> B: Jerk Pork Chop Couscous Green Peas Ambrosia Salad Dinner Roll		<input type="checkbox"/> A: Chicken Pot Pie <input type="checkbox"/> B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange Dinner Roll	
11		12		13		14		15	
<input type="checkbox"/> A: Broccoli Stuffed Chicken <input type="checkbox"/> B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll		<input type="checkbox"/> A: Beef & Broccoli <input type="checkbox"/> B: Sesame Chicken Brown Rice Vegetable Egg Roll Asian Sesame Salad		<input type="checkbox"/> A: Chicken & Dumplings <input type="checkbox"/> B: Chili Mac Scandinavian Vegetables Cinnamon Apples Cornbread		<input type="checkbox"/> A: Chicken w/Cranberry Orange Sauce <input type="checkbox"/> B: Pork Chop with Honey Garlic Sauce Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll		<input type="checkbox"/> A: Pot Roast <input type="checkbox"/> B: Louisiana Shrimp Cheesy Grits Broccoli Fresh Orange Dinner Roll	
18		19		20		21		22	
<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		<input type="checkbox"/> A: Salisbury Steak w/ Onion <input type="checkbox"/> B: Turkey with Gravy Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll		<input type="checkbox"/> A: Chicken Cacciatore <input type="checkbox"/> B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll		<input type="checkbox"/> A: Chicken Broccoli Rice Casserole <input type="checkbox"/> B: Ham & Beans Italian Green Beans Mixed Fruit Dinner Roll		<input type="checkbox"/> A: Korean BBQ Beef <input type="checkbox"/> B: Honey Hoisin Glazed Salmon Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll	
25		26		27		28		29	
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>***</p> <p>CLOSED</p> <p>★ IN OBSERVANCE OF ★</p> <p>MEMORIAL DAY</p> </div>		<input type="checkbox"/> A: Beef Burgundy <input type="checkbox"/> B: 5-Spice Chicken Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread		<input type="checkbox"/> A: Mexican Beef Casserole <input type="checkbox"/> B: Turkey Stew French Cut Green Beans Tossed Salad Dinner Roll		<input type="checkbox"/> A: Beef Taco <input type="checkbox"/> B: Chicken Taco Spanish Rice Green Beans Apple Tortilla		<input type="checkbox"/> A: BBQ Chicken <input type="checkbox"/> B: Crab Patty Couscous Italian Vegetables Orange Hamburger Bun	