



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

November 2025 **Heart Healthy Menu**

Name: _____
Address: _____

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
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 Tomato 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
<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
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 with Lemon Sauce B: Turkey Carbonara Roasted Red Potatoes Green Beans Chocolate Pudding Cornbread	A: Spinach Artichoke Chicken B: Stuffed Shells with Tomato Sauce Mashed Sweet Potatoes Peas Apple Cinnamon Muffin Dinner Roll
<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
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
<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
A: Chicken Kiev 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		
	Entrée subject to change based on client diet.		All meals come with milk or juice and a butter cup.	CANCELLATIONS CALL 219-872-9117 by 10am the day before.