



HEART HEALTHY MENU

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals come with milk or juice and a butter cup. Entrée subject to change based on client diet. CANCELLATIONS CALL 219-756-3663 before 10 am the day before.</p>				
<p>3 A: Beef Stew B: Seafood Chowder California Blend Vegetables Fresh Pear Dinner Roll</p>	<p>4 A: Chicken Chop Suey B: Pork Chow Mein Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll</p>	<p>5 A: Pork Schnitzel w/ Lemon Thyme Sauce B: Turkey Fricassee Roasted Red Potatoes Green Beans Chocolate Pudding Cornbread</p>	<p>6 A: Beef Stroganoff B: Chicken Parmesan Penne Pasta Scandinavian Blend Vegetables Tossed Salad Dinner Roll</p>	<p>7 A: Honey Garlic Chicken B: Stuffed Salmon Mashed Sweet Potatoes Peas Apple Cinnamon Muffin Dinner Roll</p>
<p>10 A: Turkey Stew B: Ham & Beans Capri Vegetables Pound Cake Cornbread</p>	<p>11 A: Hungarian Goulash B: Lemon Dill Pollock Egg Noodles Broccoli Fruit Cocktail Salad Dinner Roll</p>	<p>12 A: Jerk Pork Chop B: Chicken & Sausage Gumbo Rice Malibu Vegetable Blend Three Bean Salad Dinner Roll</p>	<p>13 A: Honey Mustard Chicken B: Herb Crusted Cod Potato Medley Green Peas Festive Fruit Salad Dinner Roll</p>	<p>14 A: Italian Meatballs with Tomato Sauce B: Butternut Squash in Maple Cream Bowtie Pasta Italian Blend Veggies Apple Dinner Roll</p>
<p>17 A: Breaded Chicken Breast w/ Gravy B: Beef Pot Roast Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll</p>	<p>18 A: Sweet & Sour Pork B: Sesame Chicken Rice Vegetable Egg Roll Spinach Salad</p>	<p>19 A: Beef Shepard's Pie B: Turkey & Potato Au Gratin French Cut Green Beans Fresh Orange Dinner Roll</p>	<p>20 A: Chicken & Dumplings B: Chili Mac Mixed Vegetables Peach Crisp Cornbread</p>	<p>21 A: Smothered Pork Chop B: Shrimp Scampi Cheesy Grits Broccoli Tossed Salad Dinner Roll</p>
<p>24 A: Creamy Swiss Beef B: Bruschetta Chicken Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll</p>	<p>25 A: Turkey with Gravy B: Potato Encrusted Pollock Cornbread Stuffing Peas & Carrots Pumpkin Cheesecake Dinner Roll</p>	<p>26 A: Pork Chop with Fried Apples B: Bourbon Chicken Thigh Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll</p>	<p>27 A: Creamy Chicken & Parmesan Gnocchi B: Beef Casserole Italian Green Beans Brownie Cookie Dinner Roll</p>	<p>28 A: Korean BBQ Beef B: Honey Hoisin Glazed Salmon Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll</p>

Every effort will be made to provide your selected meal, but occasionally, you may be served another meal due to diet restrictions or other circumstances.

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