



HEART HEALTHY MENU

MARCH 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: Chicken A La King B: Pepper Steak Rice Wax Beans Cherry Apple Bar Dinner Roll</p>	<p>4 A: Meatloaf w/ Gravy B: Baked Chicken Leg Mashed Potatoes Buttered Corn Fresh Orange Dinner Roll</p>	<p>5 A: Honey Glazed Pork Chop B: Asian Turkey Rib Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll</p>	<p>6 A: Beef Taco B: Chicken Taco Spanish Rice Corn & Black Bean Fiesta Fudge Cream Cookie Tortilla</p>	<p>7 A: Creamy Lemon Chicken B: Rainbow Trout Picatta Couscous Italian Vegetables Beet & Orange Salad Dinner Roll</p>
<p>10 A: Manicotti with Meat Sauce B: Chicken Alfredo Normandy Blend Vegetables Apple Granola Bar Dinner Roll</p>	<p>11 A: Jambalaya B: Beef Burgundy Rice Green & Wax Beans Pear Waldorf Salad Cornbread</p>	<p>12 A: Chicken Cacciatore B: Lemon Butter Pollock Parsley Potatoes Broccoli & Cauliflower Fresh Orange Dinner Roll</p>	<p>13 A: Cabbage Roll B: Chicken Meatball w/ Paprika Gravy Egg Noodles Green Peas Tossed Salad Dinner Roll</p>	<p>14 A: Bigos (Hunters Stew) B: Mediterranean Haddock Stew Capri Blend Veggies Mixed Fruit Dinner Roll</p>
<p>17 A: Beef Stew B: Seafood Chowder California Blend Vegetables Fresh Pear Dinner Roll</p>	<p>18 A: Chicken Chop Suey B: Pork Chow Mein Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll</p>	<p>19 A: Pork Schnitzel w/ Lemon Thyme Sauce B: Turkey Fricassee Roasted Red Potatoes Green Beans Chocolate Pudding Cornbread</p>	<p>20 A: Beef Stroganoff B: Chicken Parmesan Penne Pasta Scandinavian Blend Vegetables Tossed Salad Dinner Roll</p>	<p>21 A: Honey Garlic Chicken B: Stuffed Salmon Mashed Sweet Potatoes Peas Apple Cinnamon Muffin Dinner Roll</p>
<p>24 A: Turkey Stew B: Ham & Beans Capri Vegetables Pound Cake Cornbread</p>	<p>25 A: Hungarian Goulash B: Lemon Dill Pollock Egg Noodles Broccoli Fruit Cocktail Salad Dinner Roll</p>	<p>26 A: Jerk Pork Chop B: Chicken & Sausage Gumbo Rice Malibu Veggie Blend Three Bean Salad Dinner Roll</p>	<p>27 A: Honey Mustard Chicken B: Herb Crusted Cod Potato Medley Green Peas Festive Fruit Salad Dinner Roll</p>	<p>28 A: Italian Meatballs with Tomato Sauce B: Butternut Squash in Maple Cream Bowtie Pasta Italian Blend Vegetables Apple Dinner Roll</p>
<p>31 A: Breaded Chicken Breast w/ Gravy B: Beef Pot Roast Mashed Potatoes Baby Carrots Cranberry Orange Salad 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.