



HEART HEALTHY MENU

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
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
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
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



All meals come with milk or juice and a butter cup.
Entrée subject to change based on client diet.

CANCELLATIONS CALL 219-756-3663 by 10am the day before.

Menus can be emailed to menus@mownwi.org

Deliveries are made between 11 a.m. and 2 p.m. Monday through Friday.