



HEART HEALTHY MENU

JANUARY 2026

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.</p> <p>CANCELLATIONS CALL 219-756-3663 by 10am the day before. Menus can be emailed to menus@mownwi.org</p> <p>Deliveries are made between 11 a.m. and 2 p.m. Monday through Friday.</p>								<p>1</p> <p>A: Italian Meatballs with Tomato Sauce B: Orange Roughy with Citrus Sauce Bowtie Pasta Italian Vegetables Fresh Apple Dinner Roll</p>	
<p>A: Chicken Cordon Bleu B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll</p> <p>5</p>		<p>A: Sweet & Sour Pork B: Sesame Chicken Rice Vegetable Egg Roll Asian Sesame Salad</p> <p>6</p>		<p>A: Beef Shepards Pie B: Turkey Stew French Cut Green Beans Fresh Orange Dinner Roll</p> <p>7</p>		<p>A: Chicken & Dumplings B: Chili Mac Mixed Vegetables Apple Crisp Cornbread</p> <p>8</p>		<p>A: Cajun Braised Beef B: Louisiana Shrimp Cheesy Grits Broccoli Tossed Salad Dinner Roll</p> <p>9</p>	
<p>A: Bruschetta Chicken B: Diced Pork in Cream Sauce Rotini Pasta Scandinavian Vegetables Apple Dinner Roll</p> <p>12</p>		<p>A: Turkey with Gravy B: Herbed Cod Cornbread Stuffing Peas & Carrots Pumpkin Cheesecake Dinner Roll</p> <p>13</p>		<p>A: Salisbury Steak with Onion Gravy B: Bourbon Chicken Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll</p> <p>14</p>		<p>A: Chicken Macaroni B: Ham & Beans Italian Green Beans Oatmeal Cream Pie Dinner Roll</p> <p>15</p>		<p>A: Korean BBQ Beef B: Honey Hoisin Salmon Rice Kyoto Vegetables Pineapple Chunks Dinner Roll</p> <p>16</p>	
<p>A: Chicken A La King B: Pepper Steak Egg Noodles Wax Beans Cherry Apple Bar Dinner Roll</p> <p>19</p>		<p>A: Meatloaf with Gravy B: Baked Chicken Leg Mashed Potatoes Buttered Corn Fresh Orange Dinner Roll</p> <p>20</p>		<p>A: Pork Chop with Honey Garlic Sauce B: Asian Turkey Rib Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll</p> <p>21</p>		<p>A: Beef Taco B: Chicken Taco Spanish Rice Corn & Black Bean Fiesta Fudge Cream Cookie Tortilla</p> <p>22</p>		<p>A: Creamy Lemon Chicken B: Sole Almondine Couscous Italian Vegetables Beet & Orange Salad Dinner Roll</p> <p>23</p>	
<p>A: Pork Cacciatore Roasted Potatoes Normandy Vegetables Apple Granola Bar Dinner Roll</p> <p>26</p>		<p>A: Beef Burgundy B: Braised Pork Ragu Rice Green & Wax Beans Pear Waldorf Salad Cornbread</p> <p>27</p>		<p>A: Chicken Vesuvio B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange Dinner Roll</p> <p>28</p>		<p>A: Cabbage Roll in Tomato Sauce B: Chicken Meatballs with Paprika Gravy Egg Noodles Green Peas Tossed Salad Dinner Roll</p> <p>29</p>		<p>A: Jambalaya B: Seafood Newburg Rice Capri Blend Vegetables Mixed Fruit Dinner Roll</p> <p>30</p>	