



**HEART HEALTHY MENU**

**MARCH 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A: Chicken A La King</b> <b>B: Pepper Steak</b> Egg Noodles Wax Beans Cherry Apple Bar Dinner Roll <b>2</b>	<b>A: Meatloaf with Gravy</b> <b>B: Baked Chicken Leg</b> Mashed Potatoes Buttered Corn Fresh Orange Dinner Roll <b>3</b>	<b>A: Pork Chop with Honey Garlic Sauce</b> <b>B: Asian Turkey Rib</b> Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll <b>4</b>	<b>A: Beef Taco</b> <b>B: Chicken Taco</b> Spanish Rice Corn & Black Bean Fiesta Fudge Cream Cookie Tortilla <b>5</b>	<b>A: Creamy Lemon Chicken</b> <b>B: Sole Almondine</b> Couscous Italian Vegetables Beet & Orange Salad Dinner Roll <b>6</b>
<b>A: Pork Cacciatore</b> <b>B: Chicken Kiev</b> Roasted Potatoes Normandy Vegetables Apple Granola Bar Dinner Roll <b>9</b>	<b>A: Beef Burgundy</b> <b>B: Braised Pork Ragu</b> Rice Green & Wax Beans Pear Waldorf Salad Cornbread <b>10</b>	<b>A: Chicken Vesuvio</b> <b>B: Vegetable Lasagna</b> Broccoli & Cauliflower Fresh Orange Dinner Roll <b>11</b>	<b>A: Cabbage Roll in Tomato Sauce</b> <b>B: Chicken Meatballs with Paprika Gravy</b> Egg Noodles Green Peas Tossed Salad Dinner Roll <b>12</b>	<b>A: Jambalaya</b> <b>B: Seafood Newburg</b> Rice Capri Blend Vegetables Mixed Fruit Dinner Roll <b>13</b>
<b>A: Beef Stew</b> <b>B: Chicken, Potato &amp; Corn Chowder</b> California Vegetables Fresh Pear Dinner Roll <b>16</b>	<b>A: Orange Chicken</b> <b>B: Pork Chow Mein</b> Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll <b>17</b>	<b>A: Beef Stroganoff</b> <b>B: Chicken Parmesan</b> Penne Pasta Scandinavian Vegetables Tossed Salad Dinner Roll <b>18</b>	<b>A: Pork Schnitzel with Lemon Sauce</b> <b>B: Turkey Carbonara</b> Roasted Red Potatoes Green Beans Chocolate Pudding Cornbread <b>19</b>	<b>A: Spinach Artichoke Chicken</b> <b>B: Stuffed Shells with Tomato Sauce</b> Peas Apple Cinnamon Muffin Dinner Roll <b>20</b>
<b>A: Turkey Fricassee</b> <b>B: Lemon Dill Pollock</b> Potato Medley Capri Vegetables Pound Cake Cornbread <b>23</b>	<b>A: Hungarian Goulash</b> <b>B: Chicken Alfredo</b> Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll <b>24</b>	<b>A: Chicken &amp; Sausage Gumbo</b> <b>B: Unstuffed Pepper Casserole</b> Rice Malibu Vegetables Three Bean Salad Dinner Roll <b>25</b>	<b>A: Honey Mustard Chicken</b> <b>B: Jerk Pork Chop</b> Couscous Green Peas Ambrosia Salad Dinner Roll <b>26</b>	<b>A: Italian Meatballs with Tomato Sauce</b> <b>B: Orange Roughy with Citrus Sauce</b> Bowtie Pasta Italian Vegetables Fresh Apple Dinner Roll <b>27</b>
<b>A: Chicken Cordon Bleu</b> <b>B: Swiss Steak</b> Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll <b>30</b>	<b>A: Sweet &amp; Sour Pork</b> <b>B: Sesame Chicken</b> Rice Vegetable Egg Roll Asian Sesame Salad <b>31</b>	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 <a href="mailto:menus@mownwi.org">menus@mownwi.org</a>



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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