



HEART HEALTHY MENU

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals come with milk or juice and a butter cup.</p> <p>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>A: Chicken Cacciatore 1 B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll</p>	<p>A: Chicken Broccoli Rice Casserole 2 B: Ham & Beans Italian Green Beans Mixed Fruit Dinner Roll Butternut Squash Soup</p>	<p>CLOSED IN 3 OBSERVANCE OF JULY 4th. No deliveries.</p>
<p>A: Turkey Tertazzini 6 B: Pepper Steak Egg Noodle Capri Vegetables Cherry Apple Bar Dinner Roll</p>	<p>A: Beef Burgundy 7 B: 5-Spice Chicken Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread Chicken Noodle Soup</p>	<p>A: Mexican Beef Casserole 8 B: Turkey Stew French Cut Green Beans Tossed Salad Dinner Roll</p>	<p>A: Beef Taco 9 B: Chicken Taco Spanish Rice Green Beans Apple Tortilla Broccoli Cheddar Soup</p>	<p>A: BBQ Chicken 10 B: Crab Patty Couscous Italian Vegetables Orange Hamburger Bun</p>
<p>A: Cabbage Roll 13 B: Turkey Meatball w/ Paprika Gravy Egg Noodles Wax Beans Tossed Salad Dinner Roll</p>	<p>A: Meatloaf w/ Gravy 14 B: Baked Chicken Leg Mashed Potatoes Green Peas Beet & Orange Salad Dinner Roll Potato Leek Soup</p>	<p>A: Jambalaya 15 B: Creamy Swiss Beef Brown Rice Capri Blend Vegetables Mixed Fruit Dinner Roll</p>	<p>A: Bourbon Chicken Thigh 16 B: Pork with Mushroom Gravy Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll Vegetable Soup</p>	<p>A: Swedish Chicken Meatballs and Pasta 17 B: Stuffed Shells with Tomato Sauce Italian Blend Vegetables Apple Dinner Roll</p>
<p>A: Beef Stew 20 B: Spanish Rice with Chicken California Blend Vegetables Fresh Pear Dinner Roll</p>	<p>A: Orange Chicken 21 B: Pork Chow Mein Brown Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll Broccoli Cheddar Soup</p>	<p>A: Beef Stroganoff 22 B: Chicken Parmesan Whole Grain Penne Pasta Scandanavian Blend Vegetables Tossed Salad Dinner Roll</p>	<p>A: Hamburger 23 B: Turkey Burger Roasted Red Potatoes Green Beans Fresh Orange Hamburger Bun Vegetable Soup</p>	<p>A: Spinach Artichoke Chicken 24 B: Potato Pollock Mashed Sweet Potatoes Peas Mixed Melon Dinner Roll</p>
<p>A: Sloppy Joe 27 B: BBQ Pulled Pork Potato Medley Capri Vegetables Fresh Pear Hamburger Bun</p>	<p>A: Hungarian Goulash 28 B: Chicken Alfredo Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll Chicken Noodle Soup</p>	<p>A: Chicken & Sausage Gumbo 29 B: Unstuffed Pepper Casserole Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread</p>	<p>A: Honey Mustard Chicken 30 B: Jerk Pork Chop Couscous Green Peas Ambrosia Salad Dinner Roll Potato Leek Soup</p>	<p>A: Chicken Pot Pie 31 B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange 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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