



HEART HEALTHY MENU

APRIL 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: Beef Sheperd's Pie B: Turkey Stew French Cut Green Beans Fresh Orange Dinner Roll 1</p>	<p>A: Chicken & Dumplings B: Chili Mac Mixed Vegetables Apple Crisp Cornbread 2</p>	<p>A: Cajun Braised Beef B: Louisiana Shrimp Cheesy Grits Broccoli Tossed Salad Dinner Roll 3</p>
<p>A: Bruschetta Chicken B: Diced Pork in Cream Sauce Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll 6</p>	<p>A: Salisbury Steak with Onion Gravy B: Turkey with Gravy C: Tomato Basil Soup Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll 7</p>	<p>A: Chicken Cacciatore B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll 8</p>	<p>A: Chicken Broccoli Rice Casserole B: Ham & Beans C: Butternut Squash Soup Italian Green Beans Mixed Fruit Dinner Roll 9</p>	<p>A: Korean BBQ Beef B: Honey Hoisin Glazed Salmon Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll 10</p>
<p>A: Turkey Tertazzini B: Pepper Steak Egg Noodles Capri Vegetables Cherry Apple Bar Dinner Roll 13</p>	<p>A: Beef Burgundy B: 5-Spice Chicken C: Chicken Noodle Soup Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread 14</p>	<p>A: Mexican Beef Casserole B: Turkey Stew French Cut Green Beans Tossed Salad Dinner Roll 15</p>	<p>A: Beef Taco B: Chicken Taco C: Broccoli Cheddar Soup Spanish Rice Green Beans Apple Tortilla 16</p>	<p>A: BBQ Chicken B: Crab Patty Couscous Italian Vegetables Orange Hamburger Bun 17</p>
<p>A: Cabbage Roll B: Turkey Meatball w/Paprika Gravy Egg Noodles Wax Beans Tossed Salad Dinner Roll 20</p>	<p>A: Meatloaf w/ Gravy B: Baked Chicken Leg C: Potato Leek Soup Mashed Potatoes Green Peas Beet & Orange Salad Dinner Roll 21</p>	<p>A: Jambalaya B: Creamy Swiss Beef Brown Rice Capri Blend Vegetables Mixed Fruit Dinner Roll 22</p>	<p>A: Bourbon Chicken Thigh B: Pork with Mushroom Gravy C: Vegetable Soup Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll 23</p>	<p>A: Swedish Chicken Meatballs and Pasta B: Stuffed Shells with Tomato Sauce Italian Blend Vegetables Apple Dinner Roll 24</p>
<p>A: Beef Stew B: Spanish Rice with Chicken California Blend Vegetables Fresh Pear Dinner Roll 27</p>	<p>A: Orange Chicken B: Pork Chow Mein C: Broccoli Cheddar Soup Brown Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll 28</p>	<p>A: Beef Stroganoff B: Chicken Parmesan Whole Grain Penne Pasta Scandanavian Blend Vegetables Tossed Salad Dinner Roll 29</p>	<p>A: Hamburger B: Turkey Burger C: Vegetable Soup Roasted Red Potatoes Green Beans Fresh Orange Hamburger Bun 30</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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