



**HEART HEALTHY MENU**

**JUNE 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A: Cabbage Roll</b> <b>B: Turkey Meatball w/ Paprika Gravy</b> Egg Noodles Wax Beans Tossed Salad Dinner Roll <b>1</b>	<b>A: Meatloaf w/ Gravy</b> <b>B: Baked Chicken Leg</b> Mashed Potatoes Green Peas Beet & Orange Salad Dinner Roll <b>Potato Leek Soup</b> <b>2</b>	<b>A: Jambalaya</b> <b>B: Creamy Swiss Beef</b> Brown Rice Capri Blend Vegetables Mixed Fruit Dinner Roll <b>3</b>	<b>A: Bourbon Chicken Thigh</b> <b>B: Pork w/ Mushroom Gravy</b> Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll <b>Vegetable Soup</b> <b>4</b>	<b>A: Swedish Chicken Meatballs and Pasta</b> <b>B: Stuffed Shells with Tomato Sauce</b> Italian Blend Vegetables Apple Dinner Roll <b>5</b>
<b>A: Beef Stew</b> <b>B: Spanish Rice with Chicken</b> California Blend Vegetables Fresh Pear Dinner Roll <b>8</b>	<b>A: Orange Chicken</b> <b>B: Pork Chow Mein</b> Brown Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll <b>Broccoli Cheddar Soup</b> <b>9</b>	<b>A: Beef Stroganoff</b> <b>B: Chicken Parmesan</b> Whole Grain Penne Pasta Scandanavian Blend Vegetables Tossed Salad Dinner Roll <b>10</b>	<b>A: Hamburger</b> <b>B: Turkey Burger</b> Roasted Red Potatoes Green Beans Fresh Orange Hamburger Bun <b>Vegetable Soup</b> <b>11</b>	<b>A: Spinach Artichoke Chicken</b> <b>B: Potato Pollock</b> Mashed Sweet Potatoes Peas Mixed Melon Dinner Roll <b>12</b>
<b>A: Sloppy Joe</b> <b>B: BBQ Pulled Pork</b> Potato Medley Capri Vegetables Fresh Pear Hamburger Bun <b>15</b>	<b>A: Hungarian Goulash</b> <b>B: Chicken Alfredo</b> Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll <b>Chicken Noodle Soup</b> <b>16</b>	<b>A: Chicken &amp; Sausage Gumbo</b> <b>B: Unstuffed Pepper Casserole</b> Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread <b>17</b>	<b>A: Honey Mustard Chicken</b> <b>B: Jerk Pork Chop</b> Couscous Green Peas Ambrosia Salad Dinner Roll <b>Potato Leek Soup</b> <b>18</b>	<b>A: Chicken Pot Pie</b> <b>B: Vegetable Lasagna</b> Broccoli & Cauliflower Fresh Orange Dinner Roll <b>19</b>
<b>A: Broccoli Stuffed Chicken</b> <b>B: Swiss Steak</b> Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll <b>22</b>	<b>A: Beef &amp; Broccoli</b> <b>B: Sesame Chicken</b> Brown Rice Vegetable Egg Roll Asian Sesame Salad <b>Minestrone Soup</b> <b>23</b>	<b>A: Chicken &amp; Dumplings</b> <b>B: Chili Mac</b> Scandinavian Vegetables Cinnamon Apples Cornbread <b>24</b>	<b>A: Chicken with Cranberry Orange Sauce</b> <b>B: Pork Chop w/ Honey Garlic Sauce</b> Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll <b>Stuffed Pepper Soup</b> <b>25</b>	<b>A: Pot Roast</b> <b>B: Louisiana Shrimp</b> Cheesy Grits Broccoli Fresh Orange Dinner Roll <b>26</b>
<b>A: Bruschetta Chicken</b> <b>B: Diced Pork in Cream Sauce</b> Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll <b>29</b>	<b>A: Salisbury Steak with Onion Gravy</b> <b>B: Turkey with Gravy</b> Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll <b>Tomato Basil Soup</b> <b>30</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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