




**HEART HEALTHY MENU**

**MAY 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 <a href="mailto:menus@mownwi.org">menus@mownwi.org</a></p>			<p><b>A: Spinach Artichoke Chicken 1</b> <b>B: Potato Pollock</b> Mashed Sweet Potatoes Peas Mixed Melon Dinner Roll</p>
<p><b>A: Sloppy Joe 4</b> <b>B: BBQ Pulled Pork</b> Potato Medley Capri Vegetables Fresh Pear Hamburger Bun</p>	<p><b>A: Hungarian Goulash 5</b> <b>B: Chicken Alfredo</b> Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll <b>Chicken Noodle Soup</b></p>	<p><b>A: Chicken &amp; Sausage Gumbo 6</b> <b>B: Unstuffed Pepper Casserole</b> Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread</p>	<p><b>A: Honey Mustard Chicken 7</b> <b>B: Jerk Pork Chop</b> Couscous Green Peas Ambrosia Salad Dinner Roll <b>Potato Leek Soup</b></p>	<p><b>A: Chicken Pot Pie 8</b> <b>B: Vegetable Lasagna</b> Broccoli &amp; Cauliflower Fresh Orange Dinner Roll</p>
<p><b>A: Broccoli Stuffed Chicken 11</b> <b>B: Swiss Steak</b> Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll</p>	<p><b>A: Beef &amp; Broccoli 12</b> <b>B: Sesame Chicken</b> Brown Rice Vegetable Egg Roll Asian Sesame Salad <b>Minestrone Soup</b></p>	<p><b>A: Chicken &amp; Dumplings 13</b> <b>B: Chili Mac</b> Scandinavian Vegetables Cinnamon Apples Cornbread</p>	<p><b>A: Chicken with Cranberry Orange Sauce 14</b> <b>B: Pork Chop with Honey Garlic Sauce</b> Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll <b>Stuffed Pepper Soup</b></p>	<p><b>A: Pot Roast 15</b> <b>B: Louisiana Shrimp</b> Cheesy Grits Broccoli Fresh Orange Dinner Roll</p>
<p><b>A: Bruschetta Chicken 18</b> <b>B: Diced Pork in Cream Sauce</b> Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll</p>	<p><b>A: Salisbury Steak w/Onion Gravy 19</b> <b>B: Turkey with Gravy</b> Parsley Potatoes Peas &amp; Carrots Garden Cottage Cheese Dinner Roll <b>Tomato Basil Soup</b></p>	<p><b>A: Chicken Cacciatore 20</b> <b>B: Pork Picatta</b> Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll</p>	<p><b>A: Chicken Broccoli Rice Casserole 21</b> <b>B: Ham &amp; Beans</b> Italian Green Beans Mixed Fruit Dinner Roll <b>Butternut Squash Soup</b></p>	<p><b>A: Korean BBQ Beef 22</b> <b>B: Honey Hoisin Glazed Salmon</b> Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll</p>
<p><b>CLOSED. 25</b> <b>No deliveries.</b> <b>Happy Memorial Day</b></p>	<p><b>A: Beef Burgundy 26</b> <b>B: 5-Spice Chicken</b> Brown Rice Green &amp; Wax Beans Pear Waldorf Salad Cornbread <b>Chicken Noodle Soup</b></p>	<p><b>A: Mexican Beef Casserole 27</b> <b>B: Turkey Stew</b> French Cut Green Beans Tossed Salad Dinner Roll</p>	<p><b>A: Beef Taco 28</b> <b>B: Chicken Taco</b> Spanish Rice Green Beans Apple Tortilla <b>Broccoli Cheddar Soup</b></p>	<p><b>A: BBQ Chicken 29</b> <b>B: Crab Patty</b> Couscous Italian Vegetables Orange Hamburger Bun</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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