



**HEART HEALTHY MENU**

**SEPTEMBER 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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>A: Beef Stroganoff</b> <b>B: Chicken Parmesan</b> Whole Grain Penne Pasta Scandanavian Blend Vegetables Tossed Salad Dinner Roll	<b>A: Hamburger</b> <b>B: Turkey Burger</b> Roasted Red Potatoes Green Beans Fresh Orange Hamburger Bun <b>Vegetable Soup</b>	<b>A: Spinach Artichoke Chicken</b> <b>B: Potato Pollock</b> Mashed Sweet Potatoes Peas Mixed Melon Dinner Roll
<b>CLOSED.</b> <b>No deliveries.</b> <b>Happy Labor Day!</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>A: Chicken &amp; Sausage Gumbo</b> <b>B: Unstuffed Pepper Casserole</b> Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread	<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>A: Chicken Pot Pie</b> <b>B: Vegetable Lasagna</b> Broccoli & Cauliflower Fresh Orange Dinner Roll
<b>A: Broccoli Stuffed Chicken</b> <b>B: Swiss Steak</b> Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	<b>A: Beef &amp; Broccoli</b> <b>B: Sesame Chicken</b> Brown Rice Vegetable Egg Roll Asian Sesame Salad <b>Minestrone Soup</b>	<b>A: Chicken &amp; Dumplings</b> <b>B: Chili Mac</b> Scandinavian Vegetables Cinnamon Apples Cornbread	<b>A: Chicken with Cranberry Orange Sauce</b> <b>B: Pork Chop with Honey Garlic Sauce</b> Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll <b>Stuffed Pepper Soup</b>	<b>A: Pot Roast</b> <b>B: Louisiana Shrimp</b> Cheesy Grits Broccoli Fresh Orange Dinner Roll
<b>A: Bruschetta Chicken</b> <b>B: Diced Pork in Cream Sauce</b> Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll	<b>A: Salisbury Steak w/ Onion Gravy</b> <b>B: Turkey with Gravy</b> Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll <b>Tomato Basil Soup</b>	<b>A: Chicken Cacciatore</b> <b>B: Pork Picatta</b> Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll	<b>A: Chicken Broccoli Rice Casserole</b> <b>B: Ham &amp; Beans</b> Italian Green Beans Mixed Fruit Dinner Roll <b>Butternut Squash Soup</b>	<b>A: Korean BBQ Beef</b> <b>B: Honey Hoisin Glazed Salmon</b> Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll
<b>A: Turkey Tertazzini</b> <b>B: Pepper Steak</b> Egg Noodle Capri Vegetables Cherry Apple Bar Dinner Roll	<b>A: Beef Burgundy</b> <b>B: 5-Spice Chicken</b> Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread <b>Chicken Noodle Soup</b>	<b>A: Mexican Beef Casserole</b> <b>B: Turkey Stew</b> French Cut Green Beans Tossed Salad Dinner Roll	All meals come with milk or juice and a butter cup.  Entrée subject to change based on client diet.	<b>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></b>

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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