



MEALS on WHEELS NORTHWEST INDIANA
TOGETHER, WE CAN DELIVER.

HEART HEALTHY MENU

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A: Broccoli Stuffed Chicken 3 B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	A: Beef & Broccoli 4 B: Sesame Chicken Brown Rice Vegetable Egg Roll Asian Sesame Salad Minestrone Soup	A: Chicken & Dumplings 5 B: Chili Mac Scandinavian Vegetables Cinnamon Apples Cornbread	A: Chicken with Cranberry Orange Sauce 6 B: Pork Chop with Honey Garlic Sauce Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll Stuffed Pepper Soup	A: Pot Roast 7 B: Louisiana Shrimp Cheesy Grits Broccoli Fresh Orange Dinner Roll
A: Bruschetta Chicken 10 B: Diced Pork in Cream Sauce Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll	A: Salisbury Steak with Onion Gravy 11 B: Turkey with Gravy Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll Tomato Basil Soup	A: Chicken Cacciatore 12 B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll	A: Chicken Broccoli Rice Casserole 13 B: Ham & Beans Italian Green Beans Mixed Fruit Dinner Roll Butternut Squash Soup	A: Korean BBQ Beef 14 B: Honey Hoisin Glazed Salmon Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll
A: Turkey Tertazzini 17 B: Pepper Steak Egg Noodle Capri Vegetables Cherry Apple Bar Dinner Roll	A: Beef Burgundy 18 B: 5-Spice Chicken Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread Chicken Noodle Soup	A: Mexican Beef Casserole 19 B: Turkey Stew French Cut Green Beans Tossed Salad Dinner Roll	A: Beef Taco 20 B: Chicken Taco Spanish Rice Green Beans Apple Tortilla Broccoli Cheddar Soup	A: BBQ Chicken 21 B: Crab Patty Couscous Italian Vegetables Orange Hamburger Bun
A: Cabbage Roll 24 B: Turkey Meatball w/ Paprika Gravy Egg Noodles Wax Beans Tossed Salad Dinner Roll	A: Meatloaf w/ Gravy 25 B: Baked Chicken Leg Mashed Potatoes Green Peas Beet & Orange Salad Dinner Roll Potato Leek Soup	A: Jambalaya 26 B: Creamy Swiss Beef Brown Rice Capri Blend Vegetables Mixed Fruit Dinner Roll	A: Bourbon Chicken Thigh 27 B: Pork with Mushroom Gravy Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll Vegetable Soup	A: Swedish Chicken Meatballs and Pasta 28 B: Stuffed Shells with Tomato Sauce Italian Blend Vegetables Apple Dinner Roll
A: Beef Stew 31 B: Spanish Rice with Chicken California Blend Vegetables Fresh Pear Dinner Roll	MEALS start at \$6.25 ADD SOUP starting at \$3.25		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 menus@mownwi.org

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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