



MEALS on WHEELS NORTHWEST INDIANA
TOGETHER, WE CAN DELIVER.

HEART HEALTHY MENU

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals come with milk or juice and a butter cup. Entrée subject to change based on client diet. Meals start at \$6.25 Add Soup starting at \$3.25	CANCELLATIONS CALL 219-756-3663 by 10am the day before. Menus can be emailed to menus@mownwi.org	A: Chicken Cacciatore 1 B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll	A: Chicken Broccoli Rice Casserole 2 B: Ham & Beans Italian Green Beans Mixed Fruit Dinner Roll Butternut Squash Soup	CLOSED IN 3 OBSERVANCE OF JULY 4th. No deliveries.
A: Turkey Tertazzini 6 B: Pepper Steak Egg Noodle Capri Vegetables Cherry Apple Bar Dinner Roll	A: Beef Burgundy 7 B: 5-Spice Chicken Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread Chicken Noodle Soup	A: Mexican Beef Casserole 8 B: Turkey Stew French Cut Green Beans Tossed Salad Dinner Roll	A: Beef Taco 9 B: Chicken Taco Spanish Rice Green Beans Apple Tortilla Broccoli Cheddar Soup	A: BBQ Chicken 10 B: Crab Patty Couscous Italian Vegetables Orange Hamburger Bun
A: Cabbage Roll 13 B: Turkey Meatball w/ Paprika Gravy Egg Noodles Wax Beans Tossed Salad Dinner Roll	A: Meatloaf w/ Gravy 14 B: Baked Chicken Leg Mashed Potatoes Green Peas Beet & Orange Salad Dinner Roll Potato Leek Soup	A: Jambalaya 15 B: Creamy Swiss Beef Brown Rice Capri Blend Vegetables Mixed Fruit Dinner Roll	A: Bourbon Chicken Thigh 16 B: Pork with Mushroom Gravy Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll Vegetable Soup	A: Swedish Chicken 17 B: Meatballs and Pasta B: Stuffed Shells with Tomato Sauce Italian Blend Vegetables Apple Dinner Roll
A: Beef Stew 20 B: Spanish Rice with Chicken California Blend Vegetables Fresh Pear Dinner Roll	A: Orange Chicken 21 B: Pork Chow Mein Brown Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll Broccoli Cheddar Soup	A: Beef Stroganoff 22 B: Chicken Parmesan Whole Grain Penne Pasta Scandanavian Blend Vegetables Tossed Salad Dinner Roll	A: Hamburger 23 B: Turkey Burger Roasted Red Potatoes Green Beans Fresh Orange Hamburger Bun Vegetable Soup	A: Spinach Artichoke 24 B: Chicken B: Potato Pollock Mashed Sweet Potatoes Peas Mixed Melon Dinner Roll
A: Sloppy Joe 27 B: BBQ Pulled Pork Potato Medley Capri Vegetables Fresh Pear Hamburger Bun	A: Hungarian Goulash 28 B: Chicken Alfredo Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll Chicken Noodle Soup	A: Chicken & Sausage 29 B: Gumbo B: Unstuffed Pepper Casserole Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread	A: Honey Mustard 30 B: Chicken B: Jerk Pork Chop Couscous Green Peas Ambrosia Salad Dinner Roll Potato Leek Soup	A: Chicken Pot Pie 31 B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange Dinner Roll

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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