



MEALS on WHEELS NORTHWEST INDIANA
TOGETHER, WE CAN DELIVER.

HEART HEALTHY MENU

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEALS start at \$6.25 ADD SOUP starting at \$3.25	A: Orange Chicken B: Pork Chow Mein Brown Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll Broccoli Cheddar Soup	A: Beef Stroganoff B: Chicken Parmesan Whole Grain Penne Pasta Scandanavian Blend Vegetables Tossed Salad Dinner Roll	A: Hamburger B: Turkey Burger Roasted Red Potatoes Green Beans Fresh Orange Hamburger Bun Vegetable Soup	A: Spinach Artichoke Chicken B: Potato Pollock Mashed Sweet Potatoes Peas Mixed Melon Dinner Roll
CLOSED. No deliveries. Happy Labor Day!	A: Hungarian Goulash B: Chicken Alfredo Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll Chicken Noodle Soup	A: Chicken & Sausage Gumbo B: Unstuffed Pepper Casserole Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread	A: Honey Mustard Chicken B: Jerk Pork Chop Couscous Green Peas Ambrosia Salad Dinner Roll Potato Leek Soup	A: Chicken Pot Pie B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange Dinner Roll
A: Broccoli Stuffed Chicken B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	A: Beef & Broccoli B: Sesame Chicken Brown Rice Vegetable Egg Roll Asian Sesame Salad Minestrone Soup	A: Chicken & Dumplings B: Chili Mac Scandinavian Vegetables Cinnamon Apples Cornbread	A: Chicken with Cranberry Orange Sauce B: Pork Chop with Honey Garlic Sauce Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll Stuffed Pepper Soup	A: Pot Roast B: Louisiana Shrimp Cheesy Grits Broccoli Fresh Orange Dinner Roll
A: Bruschetta Chicken B: Diced Pork in Cream Sauce Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll	A: Salisbury Steak w/ Onion Gravy B: Turkey with Gravy Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll Tomato Basil Soup	A: Chicken Cacciatore B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll	A: Chicken Broccoli Rice Casserole B: Ham & Beans Italian Green Beans Mixed Fruit Dinner Roll Butternut Squash Soup	A: Korean BBQ Beef B: Honey Hoisin Glazed Salmon Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll
A: Turkey Tertazzini B: Pepper Steak Egg Noodle Capri Vegetables Cherry Apple Bar Dinner Roll	A: Beef Burgundy B: 5-Spice Chicken Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread Chicken Noodle Soup	A: Mexican Beef Casserole B: Turkey Stew 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.	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.

8446 Virginia Street, Merrillville, IN 46410 | 219-756-3663 | Fax 219-756-3445