



MEALS on WHEELS NORTHWEST INDIANA
TOGETHER, WE CAN DELIVER.

HEART HEALTHY MENU

DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals come with milk or water and a butter cup. Entrée subject to change based on client diet. Meals start at \$6.25 Add Soup starting at \$3.25	A: Hungarian Goulash 1 B: Chicken Alfredo Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll Vegetable Soup	A: Chicken & Sausage Gumbo 2 B: Unstuffed Pepper Casserole Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread	A: Honey Mustard Chicken 3 B: Ham with Cranberry Orange Sauce Couscous Green Peas Ambrosia Salad Dinner Roll Potato Leek Soup	A: Chicken Pot Pie 4 B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange Dinner Roll
A: Chicken Kiev 7 B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	A: Beef & Broccoli 8 B: Mongolian Chicken Brown Rice Vegetable Egg Roll Asian Sesame Salad Tomato Basil Soup	A: Chicken & Dumplings 9 B: Chili Mac Scandinavian Vegetables Cinnamon Apples Cornbread	A: Turkey A La King 10 B: Diced Pork in Cream Sauce Egg Noodles Capri Vegetables Cheesy Pea Salad Dinner Roll Minestrone Soup	A: Mexican Stewed Beef 11 B: Louisiana Shrimp Cheesy Grits Broccoli Fresh Orange Dinner Roll
A: Manicotti with Meat sauce 14 B: Chicken & Noodles Malibu Vegetables Apple Dinner Roll	A: Salisbury Steak with Onion Gravy 15 B: Turkey with Gravy Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll Baked Potato Soup	A: Chicken Cacciatore 16 B: Pork with Fried Apples Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll	A: Beef Shepherd's Pie 17 B: Ham & Beans Italian Green Beans Mixed Fruit Dinner Roll Chicken Lemon Rice Soup	A: Korean BBQ Beef 18 B: Honey Hoisin Glazed Salmon Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll
A: Mexican Beef Casserole 21 B: Turkey Stew French Cut Green Beans Pear Waldorf Salad Dinner Roll	A: Beef Burgundy 22 B: Chicken Paprikash Brown Rice Broccoli Tossed Salad Cornbread Turkey & Rice Soup	A: Turkey Tetrazzini 23 B: Pepper Steak Egg Noodles Capri Vegetables Cherry Apple Bar Dinner Roll	A: Beef Taco 24 B: Chicken Taco Spanish Rice Corn Apple Tortilla Cream of Mushroom Soup	25 Closed
A: Cabbage Roll 28 B: Turkey & Noodles Egg Noodles Wax Beans Beet & Orange Salad Dinner Roll	A: Meatloaf w/ Gravy 29 B: Baked Chicken Leg Mashed Potatoes Green Peas Tossed Salad Dinner Roll Beef & Barley Soup	A: Jambalaya 30 B: Creamy Swiss Beef Brown Rice Sliced Carrots Mixed Fruit Dinner Roll	A: Chicken Thigh Florentine 31 B: Pork w/Mushroom Gravy Potato Medley Brussel Sprouts Sweet Potato Salad Dinner Roll Homemade Chili	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