



**MEALS on WHEELS** NORTHWEST INDIANA  
TOGETHER, WE CAN DELIVER.

## HEART HEALTHY MENU

## NOVEMBER 2026

| MONDAY                                                                                                                                                  | TUESDAY                                                                                                                                                                                      | WEDNESDAY                                                                                                                                               | THURSDAY                                                                                                                                                                          | FRIDAY                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>A: Manicotti with Meat sauce</b> <b>2</b><br><b>B: Chicken &amp; Noodles</b><br>Malibu Vegetables<br>Apple<br>Dinner Roll                            | <b>A: Salisbury Steak with Onion Gravy</b> <b>3</b><br><b>B: Turkey with Gravy</b><br>Parsley Potatoes<br>Peas & Carrots<br>Garden Cottage Cheese<br>Dinner Roll<br><b>Baked Potato Soup</b> | <b>A: Chicken Cacciatore</b> <b>4</b><br><b>B: Pork with Fried Apples</b><br>Polenta<br>Normandy Blend Vegetables<br>Garbanzo Bean Salad<br>Dinner Roll | <b>A: Beef Shepherd's Pie</b> <b>5</b><br><b>B: Ham &amp; Beans</b><br>Italian Green Beans<br>Mixed Fruit<br>Dinner Roll<br><b>Chicken Lemon Rice Soup</b>                        | <b>A: Korean BBQ Beef</b> <b>6</b><br><b>B: Honey Hoisin Glazed Salmon</b><br>Brown Rice<br>Kyoto Vegetable Blend<br>Pineapple Chunks<br>Dinner Roll                    |
| <b>A: Mexican Beef Casserole</b> <b>9</b><br><b>B: Turkey Stew</b><br>French Cut Green Beans<br>Pear Waldorf Salad<br>Dinner Roll                       | <b>A: Beef Burgundy</b> <b>10</b><br><b>B: Chicken Paprikash</b><br>Brown Rice<br>Broccoli<br>Tossed Salad<br>Cornbread<br><b>Turkey &amp; Rice Soup</b>                                     | <b>A: Turkey Tetrazzini</b> <b>11</b><br><b>B: Pepper Steak</b><br>Egg Noodles<br>Capri Vegetables<br>Cherry Apple Bar<br>Dinner Roll                   | <b>A: Beef Taco</b> <b>12</b><br><b>B: Chicken Taco</b><br>Spanish Rice<br>Corn<br>Apple<br>Tortilla<br><b>Cream of Mushroom</b>                                                  | <b>A: BBQ Chicken</b> <b>13</b><br><b>B: Crab Patty</b><br>Macaroni & Cheese<br>Cauliflower<br>Orange<br>Hamburger Bun                                                  |
| <b>A: Cabbage Roll</b> <b>16</b><br><b>B: Turkey &amp; Noodles</b><br>Egg Noodles<br>Wax Beans<br>Beet & Orange Salad<br>Dinner Roll                    | <b>A: Meatloaf w/ Gravy</b> <b>17</b><br><b>B: Baked Chicken Leg</b><br>Mashed Potatoes<br>Green Peas<br>Tossed Salad<br>Dinner Roll<br><b>Beef &amp; Barley Soup</b>                        | <b>A: Jambalaya</b> <b>18</b><br><b>B: Creamy Swiss Beef</b><br>Brown Rice<br>Sliced Carrots<br>Mixed Fruit<br>Dinner Roll                              | <b>A: Chicken Thigh Florentine</b> <b>19</b><br><b>B: Pork w/Mushroom Gravy</b><br>Potato Medley<br>Brussel Sprouts<br>Sweet Potato Salad<br>Dinner Roll<br><b>Homemade Chili</b> | <b>A: Swedish Chicken</b> <b>20</b><br><b>Meatballs and WG Rotini</b><br><b>B: Stuffed Shells with Tomato Sauce</b><br>Italian Blend Vegetables<br>Apple<br>Dinner Roll |
| <b>A: Beef Stew</b> <b>23</b><br><b>B: Ham &amp; Potato Chowder</b><br>Green Beans<br>Fresh Pear<br>Dinner Roll                                         | <b>A: Sesame Chicken</b> <b>24</b><br><b>B: Pork Chow Mein</b><br>Brown Rice<br>Oriental Vegetable Blend<br>Aloha Coleslaw<br>Dinner Roll<br><b>Chicken Noodle Soup</b>                      | <b>A: Beef Stroganoff</b> <b>25</b><br><b>B: Chicken Parmesan</b><br>Whole Grain Penne Pasta<br>Carrots<br>Creamy Corn Salad<br>Dinner Roll             | <b>26</b><br><br><b>Closed</b>                                                                                                                                                    | <b>27</b><br><br><b>Closed</b>                                                                                                                                          |
| <b>A: Sloppy Joe</b> <b>30</b><br><b>B: BBQ Pulled Pork</b><br>Potato Medley<br>Capri Vegetables<br>Fresh Pear<br>Hamburger Bun                         | <b>MEALS</b><br><b>start at</b><br><b>\$6.25</b><br><br><b>ADD SOUP</b><br><b>starting at</b><br><b>\$3.25</b>                                                                               |                                                                     | <b>All meals come with milk or water and a butter cup.</b><br><br><b>Entrée subject to change based on client diet.</b>                                                           |                                                                                                                                                                         |
| <b>CANCELLATIONS CALL 219-756-3663 by 10am the day before.</b><br><b>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.  
8446 Virginia Street, Merrillville, IN 46410 | 219-756-3663 | Fax 219-756-3445