



MEALS on WHEELS NORTHWEST INDIANA
TOGETHER, WE CAN DELIVER.

HEART HEALTHY MENU

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEALS start at \$6.25 ADD SOUP starting at \$3.25	All meals come with milk or water 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	A: Beef Taco B: Chicken Taco Add on: Broccoli Cheddar Soup Spanish Rice Green Beans Apple Tortilla	A: BBQ Chicken B: Crab Patty Couscous Italian Vegetables Orange Hamburger Bun
A: Cabbage Roll B: Turkey Meatball w/Paprika Gravy Egg Noodles Wax Beans Tossed Salad Dinner Roll	A: Meatloaf w/Gravy B: Baked Chicken Leg Add on: Potato Leek Soup Mashed Potatoes Green Peas Beet & Orange Salad Dinner Roll	A: Jambalaya B: Creamy Swiss Beef Brown Rice Capri Blend Vegetables Mixed Fruit Dinner Roll	A: Bourbon Chicken Thigh B: Pork w/Mushroom Gravy Add on: Vegetable Soup Creamy Polenta Brussel Sprouts Sweet Potato Salad Dinner Roll	A: Swedish Chicken Meatballs & Pasta B: Stuffed Shells w/Tomato Sauce Italian Blend Vegetables Apple Dinner Roll
A: Beef Stew B: Ham & Potato Chowder Green Beans Fresh Pear Dinner Roll	A: Sesame Chicken B: Pork Chow Mein Add on: Chicken Noodle Soup Brown Rice Oriental Vegetable Blend Aloha Coleslaw Dinner Roll	A: Beef Stroganoff B: Chicken Parmesan Whole Grain Penne Pasta Carrots Creamy Corn Salad Dinner Roll	A: Baked Mostaccioli w/Meat Sauce B: Creamy Swiss Turkey w/Noodles Add on: Broccoli Cheese Soup California Vegetables Fresh Orange Dinner Roll	A: Spinach Artichoke Chicken B: Potato Pollock Mashed Sweet Potatoes Peas Broccoli Raisin Salad Dinner Roll
A: Sloppy Joe B: BBQ Pulled Pork Potato Medley Capri Vegetables Fresh Pear Hamburger Bun	A: Hungarian Goulash B: Chicken Alfredo Add on: Vegetable Soup Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll	A: Chicken & Sausage Gumbo B: Unstuffed Pepper Casserole Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread	A: Honey Mustard Chicken B: Ham w/Cranberry Orange Sauce Add on: Potato Leek Soup Couscous Green Peas Ambrosia Salad Dinner Roll	A: Chicken Pot Pie B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange Dinner Roll
A: Chicken Kiev B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	A: Beef & Broccoli B: Sesame Chicken Add on: Tomato Basil Soup Brown Rice Vegetable Egg Roll Asian Sesame Salad	A: Chicken & Dumplings B: Chili Mac Scandinavian Vegetables Cinnamon Apples Cornbread	A: Turkey A La King B: Diced Pork in Cream Sauce Add on: Minestrone Soup Egg Noodles Capri Vegetables Cheesy Pea Salad Dinner Roll	A: Mexican Stewed Beef B: Louisiana Shrimp Cheesy Grits Broccoli 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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