

Join Ames Friends for Lunch in February!



Monday – Friday
congregate meals are
served 11:30 – 12:15
at Heartland Senior
Services.

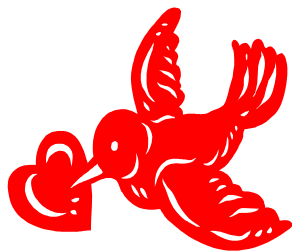
**For reservations:
Sign up at HSS
receptionist desk or
call 233-2906.**

Responsibility for compliance
with any dietary restrictions
rest with the participant.



Menu subject to change
without
prior notice.

Bread & Milk included
with all meals.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Ham Baked Potato Peas & Carrots Hot Apple Slices	2 Baked Tilapia Oven Roasted Potato Scandinavian Vegetable Apricots	3 Salisbury Steak Mashed Potatoes/gravy Broccoli Normandy Pears Birthday Treat	4 Baked Chicken Mashed Potatoes/gravy Country Trio Vegetable Baked Apple	5 Turkey A La King over Biscuit Mixed Vegetable Cabbage Apple Salad Peaches
8 Vegetable Soup Tuna Salad Lettuce Salad Mandarin Oranges & Banana	9 Country Fried Steak Mashed Potatoes Capri Vegetable Applesauce	10 Pork Chop Squash Peas Fruits for Salad	11 Beef Stew Bran Muffin Three Bean Salad Plums	12 Baked Potato Turkey Cubes Broccoli Cuts Cheese Sauce Fruit Salad
15 Beef Pepper Steak Brown Rice Vegetable Medley Apricots	16 Chicken & Noodles Stewed Tomatoes Lima Beans Fruits for Salad	17 Baked Salmon Parsley Potatoes Creamed Peas Peaches Pudding	18 Roast Beef Mashed Potatoes Green Beans Red Jello w/ Strawberries Chocolate Cake Bring a Friend Day!	19 Chicken Breast AuGratin Potatoes Cauliflower & Peas Pears
22 Porcupine Meatballs Oven Roasted Potatoes Broccoli Cuts Pineapple Tidbits Cherry Crisp	23 Hunter Steak Mashed Potato Peas & Carrots Peaches	24 Roast Turkey Sweet Potato Oregon Bean Medley Hot Apple Slices	25 Meatloaf Baked Potato Corn Fruit Cocktail	26 Italian Pasta Bake Italian Vegetable Lettuce Salad Applesauce



Lunch in February

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1 Baked Ham Baked Potato Peas & Carrots Hot Apple Slices	2 Baked Tilapia Oven Roasted Potato Scandinavian Vegetable Apricots	3 Salisbury Steak Mashed Potatoes/gravy Broccoli Normandy Pears	4 Baked Chicken Mashed Potatoes/gravy Country Trio Vegetable Baked Apple	5 Turkey A La King over Biscuit Mixed Vegetable Cabbage Apple Salad Peaches
8 Vegetable Soup Tuna Salad Lettuce Salad Mandarin Oranges & Banana	9 Country Fried Steak Mashed Potatoes Capri Vegetable Applesauce	10 Pork Chop Squash Peas Fruits for Salad	11 Beef Stew Bran Muffin Three Bean Salad Plums	12 Baked Potato Turkey Cubes Broccoli Cuts Cheese Sauce Fruit Salad
15 Beef Pepper Steak Brown Rice Vegetable Medley Apricots	16 Chicken & Noodles Stewed Tomatoes Lima Beans Fruits for Salad	17 Baked Salmon Parsley Potatoes Creamed Peas Peaches Pudding	18 Roast Beef Mashed Potatoes Green Beans Red Jello w/ Strawberries Chocolate Cake	19 Chicken Breast AuGratin Potatoes Cauliflower & Peas Pears
22 Porcupine Meatballs Oven Roasted Potatoes Broccoli Cuts Pineapple Tidbits Cherry Crisp	23 Hunter Steak Mashed Potato Peas & Carrots Peaches	24 Roast Turkey Sweet Potato Oregon Bean Medley Hot Apple Slices	25 Meatloaf Baked Potato Corn Fruit Cocktail	26 Italian Pasta Bake Italian Vegetable Lettuce Salad Applesauce
				

Join Colo Friends for Lunch in February!

Great Meals are served to
adults age 60 and over at the
Colo Community Center

11:45 AM

Tues., Wed. and Thurs.

Suggested Doantion: \$3.25

For reservations or for
information call

641-377-2233 or

Mary Presnall 641-377-2432

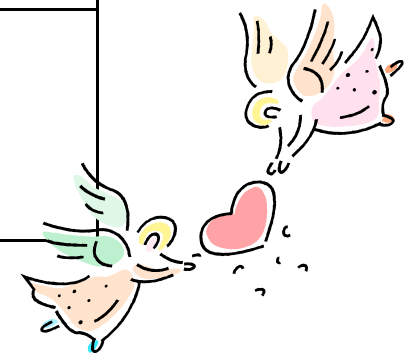
Responsibility for compliance with
any dietary restrictions rest with
the participant.

Menu subject to change without
prior notice.

Bread & Milk included with all
meals.

HEARTLAND
Senior Services

Tuesday	Wednesday	Thursday
2 Baked Tilapia Oven Roasted Potato Scandinavian Vegetable Apricots	3 Salisbury Steak Mashed Potatoes/gravy Broccoli Normandy Pears Birthday Treat	4 Baked Chicken Mashed Potatoes/gravy Country Trio Vegetable Baked Apple
9 Country Fried Steak Mashed Potatoes Capri Vegetable Applesauce	10 Pork Chop Squash Peas Fruits for Salad	11 Beef Stew Bran Muffin Three Bean Salad Plums
16 Chicken & Noodles Stewed Tomatoes Lima Beans Fruits for Salad	17 Baked Salmon Parsley Potatoes Creamed Peas Peaches Pudding	18 Roast Beef Mashed Potatoes Green Beans Red Jello w/ Strawberries Chocolate Cake Bring a Friend Day!
23 Hunter Steak Mashed Potato Peas & Carrots Peaches	24 Roast Turkey Sweet Potato Oregon Bean Medley Hot Apple Slices	25 Meatloaf Baked Potato Corn Fruit Cocktail
		



Join Huxley Friends for Lunch in February!

Great meals are served to adults age 60 and over at Huxley Shelter House
11:45 AM

Tues., Wed. and Thurs.

Suggested Donation: \$3.25

For reservations call:

515-597-3303.

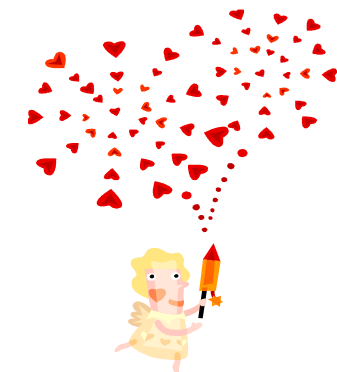
Responsibility for compliance with any dietary restrictions rest with the participant.

Menu subject to change without prior notice.

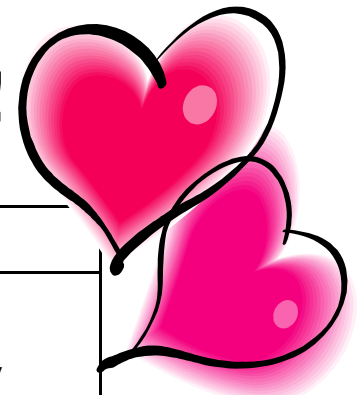
Bread & Milk included with all meals.



Tuesday	Wednesday	Thursday
2 Baked Tilapia Oven Roasted Potato Scandinavian Vegetable Apricots	3 Salisbury Steak Mashed Potatoes/gravy Broccoli Normandy Pears Birthday Treat	4 Baked Chicken Mashed Potatoes/gravy Country Trio Vegetable Baked Apple
9 Country Fried Steak Mashed Potatoes Capri Vegetable Applesauce	10 Pork Chop Squash Peas Fruits for Salad	11 Beef Stew Bran Muffin Three Bean Salad Plums
16 Chicken & Noodles Stewed Tomatoes Lima Beans Fruits for Salad	17 Baked Salmon Parsley Potatoes Creamed Peas Peaches Pudding	18 Roast Beef Mashed Potatoes Green Beans Red Jello w/ Strawberries Chocolate Cake Bring a Friend Day!
23 Hunter Steak Mashed Potato Peas & Carrots Peaches	24 Roast Turkey Sweet Potato Oregon Bean Medley Hot Apple Slices	25 Meatloaf Baked Potato Corn Fruit Cocktail



Join Maxwell Friends for Lunch in February!



Great meals are served to adults
over age 60 at the Maxwell Area
Community Center

11:45 a.m.

Tues., Wed. and Thurs.

Suggested Donation: \$3.25

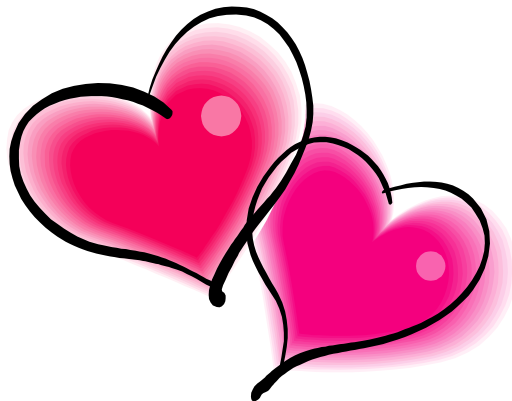
For reservations or more
information call

387-1133.

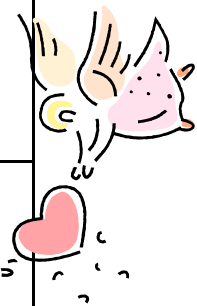
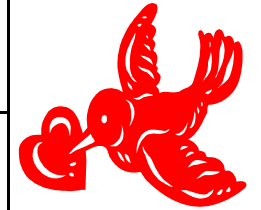
**Responsibility for compliance with
any dietary restrictions rest with the
participant.**

**Menu subject to change without
prior notice.**

**Bread & Milk included with all
meals.**



Tuesday	Wednesday	Thursday
2 Baked Tilapia Oven Roasted Potato Scandinavian Vegetable Apricots	3 Salisbury Steak Mashed Potatoes/gravy Broccoli Normandy Pears <p style="text-align: center;">Birthday Treat</p>	4 Baked Chicken Mashed Potatoes/gravy Country Trio Vegetable Baked Apple
9 Country Fried Steak Mashed Potatoes Capri Vegetable Applesauce	10 Pork Chop Squash Peas Fruits for Salad	11 Beef Stew Bran Muffin Three Bean Salad Plums
16 Chicken & Noodles Stewed Tomatoes Lima Beans Fruits for Salad	17 Baked Salmon Parsley Potatoes Creamed Peas Peaches Pudding	18 Roast Beef Mashed Potatoes Green Beans Red Jello w/ Strawberries Chocolate Cake Bring a Friend Day!
23 Hunter Steak Mashed Potato Peas & Carrots Peaches	24 Roast Turkey Sweet Potato Oregon Bean Medley Hot Apple Slices	25 Meatloaf Baked Potato Corn Fruit Cocktail



Join Nevada Friends for Lunch in February!

Tuesday – Friday congregate meals are served to adults 60 years and over at 12:00 Noon at Nevada Disciples of Christ Church at 250 E Avenue.

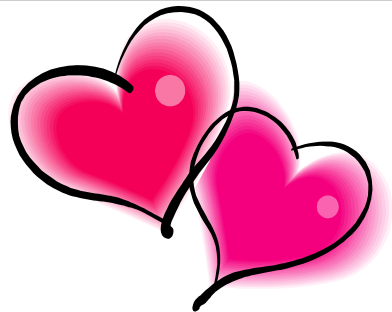
Suggested donation: \$3.25.

For more information or reservations, call 233-2906.

Responsibility for compliance with any dietary restrictions rest with the participant.

Menu subject to change without prior notice.

Bread & Milk included with all meals.



Tuesday	Wednesday	Thursday	Friday
2 Baked Tilapia Oven Roasted Potato Scandinavian Vegetable Apricots	3 Salisbury Steak Mashed Potatoes/gravy Broccoli Normandy Pears <p style="text-align: center;">Birthday Treat</p>	4 Baked Chicken Mashed Potatoes/gravy Country Trio Vegetable Baked Apple	5 Turkey A La King over Biscuit Mixed Vegetable Cabbage Apple Salad Peaches
9 Country Fried Steak Mashed Potatoes Capri Vegetable Applesauce	10 Pork Chop Squash Peas Fruits for Salad	11 Beef Stew Bran Muffin Three Bean Salad Plums	12 Baked Potato Turkey Cubes Broccoli Cuts Cheese Sauce Fruit Salad
16 Chicken & Noodles Stewed Tomatoes Lima Beans Fruits for Salad	17 Baked Salmon Parsley Potatoes Creamed Peas Peaches Pudding	18 Roast Beef Mashed Potatoes Green Beans Red Jello w/ Strawberries Chocolate Cake Bring a Friend Day!	19 Chicken Breast AuGratin Potatoes Cauliflower & Peas Pears
23 Hunter Steak Mashed Potato Peas & Carrots Peaches	24 Roast Turkey Sweet Potato Oregon Bean Medley Hot Apple Slices	25 Meatloaf Baked Potato Corn Fruit Cocktail	26 Italian Pasta Bake Italian Vegetable Lettuce Salad Applesauce
			<p>A cartoon illustration of two angels with colorful wings (one green, one pink) holding a red heart.</p>