

Meals on Wheels of Story County Menu for September 2018

Check your daily lunch menu on the HSS Website at www.heartlandseiorservices.com Phone contact: (515) 233-2906

A Service of Mary Greeley Medical Center and Heartland Senior Services of Story County

Join the "Friendly Lunch Bunch" for Congregate Meals **Mon.-Fri.** Between **11:30-12:15** at Heartland 205 South Walnut, Ames

For Reservations or to cancel a meal call by **8:30 a.m daily** **515-233-2906**



This menu is for Home Delivered and Congregate Meals in Story County Menu is subject to change without prior notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	September Notes:
					September is : Healthy Aging Month Positive conversation and attitude improves health at any age.
LABOR DAY Heartland Senior Services CLOSED no meal service	Baked Tilapia Alt: Seasoned Chix Brst Baked Potato(1) Corn (1) Mandarin Oranges(1) Chocolate Pudding (1.5)	Seasoned Pork Loin Whipped Potatoes (1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits (1) BIRTHDAY TREAT	Macaroni and Cheese(4.5) Sliced Carrots Green Beans Tropical Fruit Cup	Sloppy Joe on Bun (2) Cheesy Hashbr. Casserole (1) Oregon Bean Medley Mandarin Oranges(1) Peanut Butter Cookie(1) Football Kick-off Party	F.Y.I. ISU vs Iowa Football Sat. Sept. 8 4:00 p.m. in Iowa City
Sweet/Sour Chicken Long Grain Rice(1) Corn(1) Garden Lettuce Sld w/ Tomato Applesauce(1)	Goulash(3) Peas(1) Sliced Carrots Peach Fruit Cup(1)	BBQ Pork on Bun (2) Diced Potatoes(1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges(1)	Salisbury Steak (.5) w/gravy Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins(2)	Key West Roast Cod (Alt: Grilled Chicken Brst Whipped Potatoes(1) Stewed Tomatoes (.5) Coleslaw Chocolate Chip Cookies(1.5)	Celebrate Monthly Birthdays with us on Special Wednesdays
Baked Tilapia w/ Dijon Glaze (Alt:Season Chicken Brst) Whipped Potatoes(1) California Blend Fresh Carrot Sticks Pear Fruit Cup(1)	Beef Pot Roast Diced Potatoes (1) Brussels Sprouts Garden Lettuce Salad Peanut Butter Cookie(1)	Chicken w/Dijon Sauce Cut Sweet Potato (1) Green Beans Garden Lettuce Salad Mandarin Oranges(1)	Hamburger on Bun (2) Tomato/Lettuce/Onion Mixed Veg. Blend Deli Potato Salad (1) Mixed Fruit Salad (1)	Chicken and Noodles(2) Broccoli Cuts Garden Lettuce Salad Cut Banana(1) Tapioca Pudding (1)	Nutrition Notes: Bread and Milk included in all meals A salt shaker designates a menu with more than 800 mg of sodium
Roast Beef Whipped Potatoes(1) with Gravy(.5) Sliced Carrots Applesauce(1) Fresh Orange(1)	Sweet/Sour Chicken (.5) Long Grain Rice(1) Corn(1) Garden Lettuce Salad Peaches(1)	Macaroni & Cheese(4.5) Lima Beans (1) Garden Lettuce Salad Cut Banana (1) BIRTHDAY TREAT	Peppered Beef Tips Whipped Potatoes(1) California Blend Carrots&Celery Sticks Applesauce(1)	Peppered Pork Loin w/Chutney Country Sweet Potatoes(1) Mix Veg Blend Mandarin Oranges(1) Peanut Butter Cookie(1)	(1) The number in parentheses denotes the Carbohydrate Count per serving