



# Meals on Wheels of Story County Menu for December 2018

Check your daily lunch menu on the HSS Website at [www.heartlandseniorservices.com](http://www.heartlandseniorservices.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	December Notes:
<b>3</b> Sweet & Sour Chicken(.5) Long Grain Rice(1) Corn(1) GardenLettuce Salad w/Tomato Applesauce(1)	<b>4</b> Goulash (3) Peas (1) Sliced Carrots Peach Fruit Cup (1)	<b>5</b> BBQ Pork on Bun (2) Diced Potatoes(1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges(1)	<b>6</b> Salisbury Steak w/gravy (.5) Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins(2)	<b>7</b> Key West Roast Cod (Alt:Chicken Brst) Whipped Potatoes(1) Stewed Tomatoes (.5) Coleslaw Choc. Chip Cookie(1.5)	Seniors can stay involved and Celebrate Winter by getting out of the house for a lunch date at Heartland !  Invite a friend or make new friends at our Special Winter Holiday Meal on December 19th !!  Celebrate Monthly Birthdays with us on Special Wednesdays   <b>Nutrition Notes:</b> Bread and Milk included in all meals   A salt shaker designates a menu with more than 800 mg of sodium  (1) The number in parentheses denotes the Carbohydrate Count per serving
<b>10</b> Baked Tilapia w/Orange Glaze (Alt: Seas. Chicken Brst) Whipped Potatoes(1) California Blend Carrot Sticks Pear Fruit Cup (1)	<b>11</b> Beef Pot Roast Diced Potatoes(1) Brussels Sprouts Garden Vegetable Salad Peanut Butter Cookie(1)	<b>12</b> Chicken w/ Dijon Sauce Whipped Potatoes(1) Lima Beans (1) Garden Lettuce Salad Mandarin Oranges(1)	<b>13</b> Hamburger on Bun (2) Tomato/Lettuce/Onion Cheesy Potato Cass. (1.5) Mixed Vegetable Blend Mixed Fruit Cup (1)	<b>14</b> Chicken & Noodles(2) Broccoli Cuts Garden Lettuce Salad Cut Banana Tapioca Pudding (1)	
<b>17</b> Roast Beef Whipped Potatoes(1) with gravy Sliced Carrots Applesauce(1) Fresh Orange(1)	<b>18</b> Sweet & Sour Chicken(.5) Long Grain Rice(1) Corn (1) Garden Lettuce Salad Peaches(1)	<b>19</b> Sliced Holiday Ham Baked Sweet Potatoes(1) Green Beans Almondine Festive Red Jello Apple Pie(2) <b>Winter Holiday Meal</b>	<b>20</b> Shepherd's Pie California Blend Carrots & Celery Sticks Pineapple Tidbits (1)	<b>21</b> Pork Tips W/Chutney Country Swt Potatoes(1) Mix Vegetable Blend Mandarin Oranges (1) Peanut Butter Cookie(1)	
<b>24</b> <b>Heartland Senior Services is Closed for the Christmas Holiday</b> <b>No meals on December 24 and 25</b>  <b>Christmas Eve</b>	<b>25</b> <b>Heartland Senior Services is Closed for the Christmas Holiday</b> <b>No meals on December 24 and 25</b>  <b>Christmas Day</b> <b>January 1, 2019 !!</b>	<b>26</b> Beef Pot Roast Baked Sweet Potatoes(1) Cauliflower Carrot Sticks Raisins (2)	<b>27</b> Seasoned Tilapia (Alt:Herb Chicken ) Wild Rice (1) Cape Cod Vegetables Garden Lettuce Salad Applesauce(1)	<b>28</b> Goulash (3) Green Beans Sliced Carrots Mandarin Oranges (1)	
<b>31</b> Café Meatloaf (.5) Baked Potato (1) Peas (1) Yogurt Cup (.5) Pear Fruit Cup (1)	<b>HSS is Closed for the New Year Holiday</b>  