



# Meals on Wheels of Story County Menu for January 2019

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	January Notes :
 	<b>January 1, 2019 !!</b>  <b>Heartland Senior Services is Closed for the Holiday</b>	2 Key West Roast Cod (Alt: Grilled Chicken) Long Grain Rice(1) Broccoli Cuts Fresh Orange(1) Choc. Chip Cookie (1.5)	3 Sliced Ham Cut Sweet Potatoes(1) Corn(1) Garden Lettuce Salad Pineapple Fruit Cup (1)	4 Spaghetti with Meat Sauce (2) Green Beans Garden Lettuce Salad SF Choc Pudding(1.5) Breadstick (1.5)	<b>On Monday , January 21 celebrate Martin Luther King Jr. Day by making a positive impact on someone in the community. Invite a friend to have lunch with you in your home or at the meal site in Ames !</b>  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
7 Beef Pot Roast Baked Sweet Potato (2) Snap Peas Peaches (1) Pound Cake (1)	8 Baked Tilapia (Alt: Seas. Chicken Brst) Baked Potato (1) Corn(1) Mandarin Oranges(1) Chocolate Pudding(1.5)	9 Pork Tips w/ Chutney Whipped Potatoes(1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits (1) <b>Birthday Treat</b>	10 Macaroni & Cheese(4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1)	11 Sloppy Joe on Bun(2) Cut Sweet Potatoes (1) Burmuda Veg. Medley Mandarin Oranges(1) Peanut Butter Cookie(1)	
14 Sweet/Sour Chicken(.5) Long Grain Rice(1) Broccoli Cuts Mixed Fruit Cup (1)	15 Goulash (3) Peas (1) Garden Lettuce Salad w/ Tomato Applesauce (1)	16 BBQ Pork on Bun (2) Diced Potatoes(1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges(1)	17 Salisbury Steak w/gravy (.5) Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins(2)	18 Key West Roast Cod (Alt:Chicken Brst) Whipped Potatoes(1) Stewed Tomatoes (.5) Coleslaw Choc. Chip Cookie(1.5)	
21 Baked Tilapia w/ Glaze (Alt: Seas. Chicken Brst ) Whipped Potatoes(1) California Blend Carrot Sticks / Pears <b>Martin Luther King Jr. Day</b>	22 Beef Pot Roast Diced Potatoes(1) Brussels Sprouts Garden Vegetable Salad Peanut Butter Cookie(1)	23 Chicken w/ Dijon Sauce Whipped Potatoes(1) Lima Beans (1) Garden Lettuce Salad Mandarin Oranges(1)	24 Hamburger on Bun (2) Tomato/Lettuce/Onion Cheesy Potato Cass. (1.5) Mixed Vegetable Blend Mixed Fruit Cup (1)	25 Chicken & Noodles(2) Broccoli Cuts Garden Lettuce Salad Cut Banana (1) Tapioca Pudding (1)	
28 Roast Beef Whipped Potatoes(1) with gravy Sliced Carrots Applesauce(1) Fresh Orange(1)	29 Sweet/Sour Chicken (.5) Long Grain Rice(1) Corn(1) Garden Lettuce Salad Peaches(1)	30 Macaroni & Cheese(4.5) Lima Beans (1) Garden Lettuce Salad Cut Banana(1)  <b>Birthday Treat</b>	31 Shepherd's Pie (1.5) California Blend Carrot & Celery Sticks Applesauce (1)	<b>February 1</b> Pork Tips w/ Chutney Country Swt Potatoes(1) Mixed Veg. Blend Mandarin Oranges(1) Peanut Butter Cookie(1)	