

# Meals on Wheels of Story County Menu for February 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

Attention:



Cancellations & Delivery:  
Please call by 8:30 am  
**day before delivery**  
for meal changes.

**For Reservations or to  
cancel a meal call**

**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
				<sup>1</sup> Pork Tips W/Chutney Country Swt Potatoes(1) Mix Vegetable Blend Mandarin Oranges (1) Peanut Butter Cookie(1)
<sup>4</sup> Tatertot Casserole(1) Broccoli Cuts Mixed Fruit Cup(1) Sugar Cookie(1)	<sup>5</sup> Southwestern Chicken AuGratin Potatoes(1) Spinach Mandarin Oranges(1) S.F. Vanilla Pudding (1)	<sup>6</sup> Beet Pot Roast Baked Sweet Potatoes(1) Cauliflower Carrot Sticks Raisins (2)	<sup>7</sup> Seasoned Tilapia (Alt:Herb Chicken ) Wild Rice (1) Cape Cod Vegetables Garden Lettuce Salad Applesauce(1)	<sup>8</sup> Goulash (3) Green Beans Sliced Carrots Mandarin Oranges (1)
<sup>11</sup> Caté Meatloaf (.5) Baked Potato (1) Peas (1) Yogurt Cup (.5) Pear Fruit Cup (1)	<sup>12</sup> Pot Roast Beet Mashed Potatoes(1) Buttered Diced Beets Applesauce(1) Fruit Cocktail(1)	<sup>13</sup> Key West Roast Cod (Alt: Grilled Chicken) Long Grain Rice(1) Broccoli Cuts Fresh Orange(1) Choc. Chip Cookie (1.5)	<sup>14</sup> Sliced Ham Cut Sweet Potatoes(1) Corn(1) Garden Lettuce Salad Pineapple Fruit Cup (1) <b>Valentine's Day Brownie</b>	<sup>15</sup> Spaghetti With Meat Sauce(2) Green Beans Garden Lettuce Salad SF Choc. Pudding (1.5) Breadstick(1.25)
<sup>18</sup> Beef Pot Roast Baked Sweet Potato (2) Snap Peas Peaches(1) Jello Cup <b>President's Day</b>	<sup>19</sup> Baked Salmon w/ Glaze (Alt: Seas. Chicken Brst) Baked Potato (1) Corn(1) Mandarin Oranges(1) Chocolate Pudding(1.5)	<sup>20</sup> Pork Tips w/ Chutney Whipped Potatoes(1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits (1) <b>Birthday Treat</b>	<sup>21</sup> Macaroni & Cheese(4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1)	<sup>22</sup> Sloppy Joe on Bun(2) Cut Sweet Potatoes (1) Burmuda Veg. Medley Mandarin Oranges(1) Peanut Butter Cookie(1)
<sup>25</sup> Sweet &Sour Chicken(.5) Long Grain Rice (1) Broccoli Cuts Mixed Fruit Cup(1)	<sup>26</sup> Goulash (3) Peas(1) Garden Lettuce Salad w/Tomato Applesauce(1)	<sup>27</sup> BBQ Pork on Bun (2) Diced Potatoes(1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges(1)	<sup>28</sup> Salisbury Steak w/gravy (.5) Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins(2)	


February Notes:

**Bring a sweet friend,  
spouse, or family  
member with  
you on  
Thursday , Feb 14  
to celebrate  
Valentine's Day!!**

Celebrate Monthly  
Birthdays with us on  
Special Wednesdays



**Nutrition Notes:**  
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