

# Meals on Wheels of Story County Menu for March 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
 <small>Academy of Nutrition and Dietetics</small>				1
Baked Tilapia 4 w/Orange Glaze (Alt: Seas. Chicken Brst) Whipped Potatoes (1) California Blend Fresh Carrot Sticks Pear Fruit Cup (1)	Beef Pot Roast 5 Diced Potatoes (1) Brussels Sprouts Garden Lettuce Salad Peanut Butter Cookie (1)	Chicken w/ Dijon Sauce 6 Cut Sweet Potato (1) Green Beans Garden Lettuce Salad Mandarin Oranges (1)	Hamburger on Bun (2) 7 Tomato/Lettuce/Onion Mixed Veg. Blend Cheesy Potato Cass.(1.5) Mixed Fruit Cup (1)	Key West Roast Cod (Alt: Grilled Chicken Brst) Whipped Potatoes (1) Stewed Tomatoes (.5) Coleslaw Choc.Chip Cookie(1.5)
11	12	13	14	15
Roast Beef Whipped Potatoes (1) with gravy Sliced Carrots Applesauce (1) Fresh Orange (1)	Swt & 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) <b>Birthday Treat</b>	Shepherd's Pie California Blend Carrot & Celery Sticks Applesauce (1)	Pork Tips w/Chutney Country Swt Potatoes(1) Mixed Vegetable Blend Mandarin Oranges (1) Peanut Butter Cookie (1)
18	19	20	21	22
Tatertot Casserole (1) Broccoli Cuts Mixed Fruit Cup (1) Sugar Cookie (1)	Southwestern Chicken AuGratin Potatoes (1) Spinach Mandarin Oranges (1) S.F.Vanilla Pudding (1)	 Beef Pot Roast Baked Sweet Potato (1) Cauliflower Carrot Sticks Raisins (2) <b>Welcome Spring !!</b>	Seasoned Tilapia (Alt: Herb Chicken) Wild Rice (1) Cape Cod Vegetables Garden Lettuce Salad Applesauce (1)	Goulash (3) Green Beans Sliced Carrots Mandarin Oranges (1)
25	26	27	28	29
Café Meatloaf (.5) Baked Potato (1) Peas (1) Yogurt Cup (.5) Pear Fruit Cup (1)	Beef Pot Roast Mashed Potatoes (1) Diced Beets Applesauce (1) Fruit Cocktail (1)	Key West Roast Cod (Alt: Grilled Chicken ) Long Grain Rice (1) Broccoli Cuts Fresh Orange (1) Choc. Chip Cookie (1.5)	 Sliced Ham Cut Sweet Potatoes (1) Corn (1) Garden Lettuce Salad Pineapple Fruit Cup (1)	Spaghetti (2) with Meat Sauce Green Beans Garden Lettuce Salad SF Choc. Pudding (1.5) Breadstick (1.25)

## March Notes:

March is National Nutrition Month !!

As people age it is essential to eat foods that have good nutritional value for good health .

Heartland and MGMC strive to provide you with a nutritious meal all year long !

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