



Meals on Wheels of Story County Menu for April 2019

Check your daily lunch menu on the HSS Website at 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
1 Beef Pot Roast Baked Swt Potatoes(2) Snap Peas Peaches(1) Jello Cup (1)	2 Baked Salmon w/ Glaze (Alt: Seas. Chicken Brst) Bakes Potato (1) Corn (1) Mandarin Oranges(1) Choc Pudding (1.5)	3 Pork Tips w/ Chutney Whipped Potatoes(1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits (1) Birthday Treat	4 Macaroni & Cheese(4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1)	5 Sloppy Joe on Bun(2) Cut Sweet Potatoes (1) Burmuda Veg. Medley Mandarin Oranges(1) Peanut Butter Cookie(1)
8 Sweet/Sour Chicken (.5) Long Grain Rice (1) Broccoli Cuts Mixed Fruit Cup (1)	9 Goulash (3) Peas(1) Garden Lettuce Salad w/Tomato Applesauce(1)	10 BBQ Pork on Bun (2) Diced Potatoes(1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges(1)	11 Salisbury Steak w/gravy (.5) Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins(2)	12 Key West Rst Cod (Alt:Grilled Chicken Brst) Whipped Potatoes(1) Stewed Tomatoes(.5) Coleslaw Choc. Chip Cookie (1.5)
15 Baked Tilapia w/Orange Glaze (Alt: Seas. Chicken Brst) Whipped Potatoes (1) California Blend Fresh Carrot Sticks Pear Fruit Cup (1)	16 Beef Pot Roast Diced Potatoes (1) Brussels Sprouts Garden Lettuce Salad Peanut Butter Cookie (1)	17 Herbed Chicken Whipped Potatoes(1) w/gravy ; Green Beans Lettuce Sld w/ Tomato Mandarin Oranges (1) Frosted Banana Cake Spring Luncheon	18 Hamburger on Bun (2) Tomato/Lettuce/Onion Mixed Veg. Blend Cheesy Potato Cass.(1.5) Mixed Fruit Cup (1)	19 Chicken & Noodles (2) Broccoli Cuts Garden Lettuce Salad Cut Banana (1) Tapioca Pudding (1)
22 Roast Beef Whipped Potatoes(1) with gravy Sliced Carrots Applesauce (1) Fresh Orange(1)	23 Sweet/Sour Chicken (.5) Long Grain Rice (1) Corn(1) Garden Lettuce Salad Peaches(1)	24 Macaroni & Cheese (4.5) Lima Beans (1) Garden Lettuce Salad Cut Banana (1) Birthday Treat	25 Shepherd's Pie (1) California Blend Carrots & Celery Sticks Applesauce(1)	26 Pork Tips w/Chutney Country Swt Potatoes(1) Mixed Vegetable Blend Mandarin Oranges (1) Peanut Butter Cookie (1)
29 Tatertot Casserole (1) Broccoli Cuts Mixed Fruit Cup (1) Sugar Cookie (1)	30 Southwestern Chicken AuGratin Potatoes (1) Spinach Mandarin Oranges (1) S.F.Vanilla Pudding (1)			

April Notes:

Join us for a special Spring themed luncheon on Wednesday, April 17.

Easter Sunday is April 21




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