

# Meals on Wheels of Story County Menu for June 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	June Notes:
	<b>Looking ahead to July:</b> Meal Service will not be available Thursday, July 4 due to the holiday!				<b>Summer begins on June 21 st</b>  <b>We are celebrating early on Wednesday 6/19/19!</b>  <b>Gather your friends and enjoy a meal together to welcome yet another Summer</b>
3 Roast Beef Whipped Potatoes(1) Sliced Carrots Applesauce(1) Fresh Orange(1)	4 Taco Meat W/Wheat Tortilla Shell Diced Potatoes (1) Lima Beans(1) Lettuce, Tomato, Cheese Cut Banana(1)	5 Sweet/Sour Chicken Long Grain Rice(1) Corn (1) Garden Lettuce Salad Peaches (1) <b>Birthday Treat</b>	6 Pork Tips w/ Chutney Country Swt Potatoes(1) Mix Vegetable Blend Mandarin Oranges(1) Peanut Butter Cookie(1)	7 Baked Chicken Thigh California Blend Potato Salad (1) Applesauce (1)	
10 Tatertot Casserole (1) Broccoli Cuts Mixed Fruit Cup(1) Sugar Cookie(1)	11 Seasoned Tilapia (Alt: Herbed Chicken ) Wld Rice(1) Cape Cod Vegetables Garden Lettuce Salad Applesauce(1)	12 Beef Pot Roast Baked Swt Potatoes(1) Cauliflower Carrot Sticks Raisins (2)	13 Southwestern Chicken Au Gratin Potatoes(1) Spinach Mandarin Oranges S. F. Vanilla Pudding (1)	14 Hamburger on Bun (2) Tomato/ Lettuce/ Onion Green Beans Sliced Carrots Tropical Fruit Cup (1) <b>FLAG DAY</b>	 <b>Celebrate Monthly Birthdays with us on Special Wednesdays</b>
17 Beef Pot Roast Baked Sweet Potato(1) Snap Peas Mandarin Oranges (1) Jello Cup (1)	18 Baked Salmon w/ Glaze (Alt: Seas. Chicken Brst) Potatoes O'Brien Garden Lettuce Salad Peach Fruit Cup (1) Chocolate Pudding (1.5)	19 Sloppy Joe on Bun (2) Cut Red Potatoes(1) Sliced Carrots Coleslaw Strawberries/ Bananas <b>SUMMER PARTY !!</b>	20 Macaroni & Cheese (4.5) Bermuda Vegetables Green Beans Tropical Fruit Cup (1)	21 Pork Tips w/ Chutney Cut Sweet Potatoes (1) Corn (1) Mandarin Oranges (1) Peanut Butter Cookie(1) <b>First Day Summer</b>	   <b>Nutrition Notes:</b> Bread and Milk included in all meals
24 Café Meatloaf (.5) Steamed Potato (1) Peas(1) Yogurt Cup(.5) Pear Fruit Cup (1)	25 Pot Roast Mashed Potatoes (1) with Gravy (.5) Diced Beets Garden Lettuce Salad Fruit Cocktail(1)	26 Key West Roast Cod (Alt:Grilled Chicken ) Long Grain Rice (1) Broccoli Cuts Fresh Orange(1) Choc. Chip Cookie(1.5)	27 Sliced Ham Cut Sweet Potatoes (1) Corn (1) Garden Lettuce Salad Pineapple Fruit Cup (1)	28 Spaghetti (2)with Meat Sauce Green Beans Applesauce (1) Chocolate Pudding (1.5) Breadsticks (1.25)	(1) The number in parentheses denotes the Carbohydrate Count per serving