

Meals on Wheels of Story County Menu for May 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 Sweet Potato (1) Cauliflower Carrot Sticks Raisins (2) Happy May Day !!	2 Baked Chicken Thigh Wild Rice (1) Cape Cod Veg. Garden Lettuce Salad Applesauce (1)	3 Hamburger on Bun (2) Tomato/Lettuce/Onion Green Beans Sliced Carrots Tropical Fruit Cup (1)
6 Café Meatloaf (.5) Steamed Potatoes (1) Peas (1) Yogurt Cup (.5) Pear Fruit Cup (1)	7 Pot Roast Beef Mashed Potatoes (1) Diced Beets Applesauce (1) Fruit Cocktail (1)	8 Key West Roast Cod (Alt:Grilled Chicken) Long Grain Rice(1) Broccoli Cuts Fresh Orange(1) Choc Chip Cookie (1.5)	9 Sliced Ham Cut Sweet Potatoes (1) Corn (1) Garden Lettuce Salad Pineapple Fruit Cup (1)	10 Spaghetti w/ Meat Sauce (2) Green Beans Garden Lettuce Salad SF Choc. Pudding Breadstick (1.25)
13 Beef Pot Roast Baked Swt Potatoes (2) Snap Peas Peaches (1) Jello Cup (1)	14 Baked Salmon w/Glaze Alt: Seas. Chicken Brst) Cut Red Potatoes(1) Corn(1) Mandarin Oranges (1) Choc. Pudding (1.5)	15 Pork Tips w/ Chutney Whipped Potatoes (1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits (1) Birthday Treat	16 Macaroni & Cheese (4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1)	17 Sloppy Joe on Bun (2) Cut Sweet Potatoes(1) Bermuda Veg. Medley Mandarin Oranges (1) Peanut Butter Cookie(1) Honor the Armed Forces
20 Swt & Sour Chicken Long Grain Rice (1) Broccoli Cuts Mixed Fruit Cup (1)	21 Goulash (3) Peas (1) Garden Lettuce Salad w/ Tomato Applesauce(1)	22 BBQ Pork on Bun (2) Diced Potatoes (1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges (1) Indoor Memorial Picnic	23 Salisbury Steak w/gravy Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins (2)	24 Key West Roast Cod (Alt:Grilled Chicken Bst) Whipped Potatoes (1) Stewed Tomatoes (.5) Coleslaw Choc. Chip Cookies (1.5)
27 Memorial Day Holiday Heartland Senior Services CLOSED	28 Beef Pot Roast Diced Potatoes (1) Brussels Sprouts Garden Lettuce Salad Peanut Butter Cookie (1)	29 Chicken w/ Dijon Sauce Cut Sweet Potato (1) Green Beans Spinach Lettuce Salad Mandarin Oranges (1) Birthday Treat	30 Hamburger on Bun (2) Tomato/Lettuce/Onion Mixed Veg. Blend Cheesy Potato Cass. (1.5) Mixed Fruit Cup (1)	31 Chicken & Noodles (2) Broccoli Cuts Garden Lettuce Salad Cut Banana (1) Tapioca Pudding (1)

May Notes:

Oh, the special days that May brings!!

- May 1 - May Day
- May 4- Kentucky Derby
- May 5 - Cinco de Mayo
- May 12- Mother's Day
- May 18- Armed Forces Day
- May 27-Memorial Day

May is:

Older Americans Month

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