

# Meals on Wheels of Story County Menu for September 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
<b>LABOR DAY</b> <b>Heartland Senior Services</b> <b>CLOSED</b> <b>no meal service</b>	Tatertot Casserole (1) Broccoli Cuts Mixed Fruit Cup (1) Sugar Cookie(1)	Seasoned Tilapia (4) (Alt: Herb Chicken ) Wild Rice (1) Cape Cod Veg. Garden Lettuce Salad Applesauce(1)	<b>Be Cool Day</b> Cold Chicken Salad Cottage Cheese Lettuce Salad w/Tom Mandarin Oranges(1) Raisins (2) Dinner Roll	Spaghetti w/ (2) Meat Sauce Green Beans Peaches (1) SF Choc. Pudding (1.5) Breadsticks (1.25)
Key West Roast Cod (9) (Alt: Grilled Chicken ) Long Grain Rice(1) Broccoli Cuts Fresh Orange(1) Choc. Chip Cookie (1.5)	Sliced Turkey w/ gravy (.5) Mashed Potatoes (1) Diced Beets Applesauce (1) Fruit Cocktail (1)	Café Meatloaf (.5) Steamed Potatoes (1) Peas (1) Yogurt Cup (.5) Pear Fruit Cup (1)	Sliced Ham Cut Sweet Potato (1) Green Beans Tomato, Cucumber Sld Pineapple Fruit Cup (1)	Hamburger on Bun (2) Tomato/Lettuce/Onion Corn w/ Red Pepper (1) Potato Salad (1) Tropical Fruit Cup(1) Iowa vs ISU Brownie <b>FOOTBALL TAILGATE</b>
Beef Pot Roast Baked Sweet Potato (2) Snap Peas Peaches (1) Jello Cup (1)	Baked Salmon/ Glaze (17) (Alt: Chicken Breast) Cut Red Potatoes (1) Corn (1) Mandarin Oranges (1) Chocolate Pudding (1.5)	Pork Tips w/ Chutney Whipped Potatoes (1) Buttered Ckd Cabbage Garden Lettuce Salad Applesauce (1) <b>BirthDay Treat</b>	Macaroni & Cheese (4.5) Sliced Carrots Green Beans Tropical Fruit Cup(1)	Sloppy Joe on Bun (2) Cut Sweet Potato (1) Bermuda Veg. Medley Mandarin Oranges(1) Peanut Butter Cookie(1)
Sweet/Sour Chicken (.5) Long Grain Rice (1) Broccoli Cuts Mixed Fruit Cup (1)	Goulash (3) Peas (1) Garden Lettuce Sld w/ Tomato Applesauce (1)	Key West Roast Cod (25) (Alt: Grilled Chicken Brst ) Whipped Potatoes (1) Stewed Tomatoes (.5) Coleslaw Choc Chip Cookie (1.5)	Salisbury Steak w/gravy (.5) Whipped Potatoes (1) California Blend Pear Fruit Cup(1) Raisins (2)	BBQ Pork on Bun (2) Potatoes O'Brien (1) Cauliflower w/ Cheese Sauce(1) Garden Lettuce Salad Mandarin Oranges(1)
Baked Tilapia (30) w/Orange Glaze (Alt: Seas. Chicken Brst) Whipped Potatoes (1) Lima Beans (1) Fresh Carrot Sticks Pear Fruit Cup (1)				

## September Notes:

Celebrate Healthy living during Active Aging Month

Time to take that extra walk or bike ride.

Choose a new vegetable or fruit at a farmer's market.

Take time for a fun lunch visit with a friend.

Celebrate Monthly Birthdays with us on Special Wednesdays



## Nutrition Notes:

Bread and Milk included in all meals

(1) The number in parentheses denotes the Carbohydrate Count per serving