

Meals on Wheels of Story County Menu for March 2020

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
2 Beef Pot Roast Whipped Potatoes (1) w/gravy (.5) Snap Peas Peaches (1) Jello Cup (1)	3 Baked Salmon / Glaze (Alt: Seas. Chicken Brst) Cut Red Potatoes (1) Corn (1) Mandarin Oranges (1) Chocolate Pudding (1.5)	4 Pork Tips w/ Chutney Baked Swt. Potatoes (1) Buttered Ckd Cabbage Applesauce Cut Banana (1) BIRTHDAY TREAT	5 Macaroni & Cheese (4.5) Sliced Carrots Green Beans Mandarin Oranges(1)	6 Sloppy Joe on Bun (2) Hashbrown Cubes (1) Bermuda Veg. Medley Tropical Fruit Cup (1) Peanut Butter Cookie (1)
9 Swt & Sour Chicken (.5) Long Grain Rice (2) Broccoli Cuts Mixed Fruit Cup (1)	10 Goulash (3) Peas (1) Garden Lettuce Salad w/ Tomato Applesauce (1)	11 Key West Cod (Alt:Grilled Chicken Brst) Whipped Potatoes(1) Coleslaw Choc. Chip Cookie (1.5)	12 Salisbury Steak w/gravy (.5) Whipped Potatoes (1) California Blend Pear Fruit Cup (1) Raisins(2)	13 BBQ Pork on Bun (2) Diced Potatoes (1) Cheesy Cauliflower (1) Garden Lettuce Salad Mandarin Oranges(1)
16 Baked Tilapia w/ Orange Glaze (Alt: Seas. Chicken Brst) Whipped Potatoes (1) Lima Beans (1) Fresh Carrot Sticks Pear Fruit Cup (1)	17  Beef Pot of Gold Roast O'Brien Potatoes (1) Irish Baked Beans (1) Green Lettuce Salad Lucky Peanut Cookie(1) St. Patrick's Day	18 Hamburger on Bun (2) Tomato/ Lettuce/ Onion Mixed Veg. Blend Cheesy Potato Casserole(1.5) Mixed Fruit Cup (1)	19 SPRING LUNCH Herbed Chicken Red Cut Potatoes (1) Green Beans Spinach Lettuce Salad Mandarin Oranges(1) Frosted Spring Cake	20 Chicken & Noodles (2) Broccoli Cuts Garden Lettuce Salad Cut Banana (1) Tapioca Pudding (1)
23 Roast Beef Whipped Potatoes (1) with gravy (.5) Sliced Carrots Applesauce (1) Fresh Orange(1)	24 Taco Meat W/ Wheat Tortilla (1) Spanish Rice (2) Refried Beans (1) Lett, Tom., Cheese Sld Tropical Fruit Cup (1)	25 Baked Chicken Thigh Broccoli Cuts Diced Beets Potato Salad (1) Pear Fruit Cup (1) BIRTHDAY TREAT	26 Pork Tips w/ Chutney Country Swt Potatoes(1) Mixed Veg. Blend Mandarin Oranges(1) Peanut Butter Cookie(1)	27 Cold Chicken Salad Whole Wheat Bun (2) Cottage Cheese Lettuce w/Tomato Peaches (1) Raisins (2)
30 Tater Tot Casserole (1) Broccoli Cuts Mixed Fruit Cup (1) Sugar Cookie (1)	31 Seasoned Tilapia (Alt: Herb Chicken) Wild Rice (1) Cape Cod Veg. Garden Lettuce Salad Applesauce (1)			March is National Nutrition Month !

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

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