

Meals on Wheels of Story County Menu for April 2020

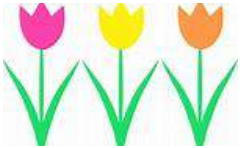
Check your daily lunch menu on the HSS Website at www.heartlandseniorservices.com Phone contact: (515) 233-2906

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
		1 Beef Pot Roast Baked Sweet Potato (1) Cauliflower Carrot Sticks Tropical Fruit Cup (1)	2 Southwestern Chicken Augratin Potatoes (1) Spinach Mandarin Oranges (1) S.F. Vanilla Pudding (1)	3 Hamburger on Bun (2) Tomato / Lettuce/ Onion Green Beans Sliced Carrots Mixed Fruit Cup (1)
6 Key West Roast Cod (Alt: Grilled Chicken) Long Grain Rice (1) Broccoli Cuts Fresh Orange(1) Choc. Chip Cookie (1.5)	7 Scalloped Ham & Potatoes (2.5) Sliced Carrots Corn (1) Garden Lettuce Salad Pineapple Fruit Cup (1)	8 Café Meatloaf (.5) Whipped Potatoes (1) w/ gravy (.5) Peas (1) Yogurt Cup(.5) Pear Fruit Cup (1)	9 Spaghetti w/ Meat Sauce (2) Green Beans Garden Lettuce Salad SF Choc.Pudding (1.5) Breadstick (1.25)	10 Sliced Turkey with gravy (.5) Mashed Potatoes (1) Diced Beets Applesauce (1) Fruit Cocktail (1)
13 Beef Pot Roast Whipped Potatoes (1) w/ gravy (.5) Snap Peas Peaches (1) Jello Cup (1)	14 Baked Salmon /Glaze Alt: Seas. Chicken Brst Cut Red Potatoes(1) Corn (1) Mandarin Oranges (1) Chocolate Pudding (1.5)	15 Pork Tips w/ Chutney Baked Swt. Potatoes (2) Buttered Ckd. Cabbage Applesauce (1) Banana Half (1) Birthday Treat	16 Liver and Onions (Alt: Hamburger w/ Gravy) Whipped Potatoes(1) with Gravy (.5) Mixed Vegetables Garden Lettuce Salad Mandarin Oranges (1)	17 Macaroni & Cheese (4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1)
20 Sloppy Joe on Bun (2) Diced Potatoes (1) Bermuda Veg. Medley Mandarin Oranges (1) Peanut Butter Cookie(1)	21 Goulash (3) Peas (1) Garden Lettuce Salad w/ tomato Applesauce (1)	22 Key West Roast Cod (Alt: Grilled Chicken Brst) Whipped Potatoes (1) Stewed Tomatoes (.5) Coleslaw Choc. Chip Cookie(1.5)	23 Salisbury Steak w/gravy (.5) Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins (2)	24 BBQ Pork on Bun (2) O'Brien Potatoes (1) Cheesy Cauliflower (1) Garden Lettuce Salad Mandarin Oranges (1)
27 Baked Tilapia w/ Orange Glaze (Alt: Seasoned Chicken Breast) Whipped Potatoes (1) Lima Beans (1) Fresh Carrot Sticks Pear Fruit Cup (1)	28 Sweet/ Sour Chicken (.5) Long Grain Rice (1) Broccoli Cuts Mixed Fruit Cup (1) Peanut Butter Cookie(1)	29 Beef Pot Roast Diced Potatoes (1) Baked Beans Garden Lettuce Salad Peanut Butter Cookie (1)	30 Chicken w/ Dijon Sauce Cut Sweet Potato (1) Green Beans Spinach Lettuce Salad Mandarin Oranges (1)	

Notes: Don't be fooled by our April menu- there are plenty of great meals for you !

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