

Meals on Wheels of Story County Menu for May 2021

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

A Service of Mary Greeley Medical Center and Heartland Senior Services of Story County

Attention:

For cancellations & delivery changes please call by 8:30 AM the day before delivery.

For Monday meal changes call no later than by Friday at 8:30 AM.

If you call after this time you will be charged for the meal because they have been ordered. CALL: 515-233-2906



This menu is for Home Delivered in Story County. Menu is subject to change without prior notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sliced Turkey Whipped Potatoes With gravy Mixed Veggies (1) Applesauce (1)	4 BBQ Pork on Bun (2) Calico Bean Medley Corn Mandarin Oranges (1)	5 Goulash (3) Peas (1) Breadstick Pear Fruit Cup Birthday Treat	6 Chicken w/ Dijon Sauce Cut Sweet Potato (1) Green Beans Peach Fruit Cup	7 Lasagna Roll-up With Meat Sauce Green Beans Bread Stick Mixed Fruit Cup
10 Beefy Mac & Cheese Sliced Carrots Peas Applesauce (1)	11 Baked Tilapia with Glaze Whipped Potatoes (1) Green Beans Pear Fruit Cup (1)	12 BBQ Chicken Wings Potato Salad Corn Mandarin Oranges(1)	13 Riblet on a Bun (2) Diced Potatoes (1) Baked Beans Mixed Fruit Cup (1)	14 Chicken and Noodles (2) Mashed Potatoes Mixed Veggies Peaches Vanilla Pudding (1)
17 Salmon Patties Parsley Baby Potatoes Creamed Peas Mixed Fruit Cup (1)	18 Taco Bake Spanish Rice(2) Refried Beans (1) Lettuce, Tom., Cheese, Sour cream Mandarin Oranges	19 Cold Chicken Salad Roll Cottage Cheese Fresh Carrot Sticks Peach Fruit Cup	20 Hamburger on Bun (2) Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole (1.5) Chocolate Pudding	21 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup (1)
24 BBQ Chicken Thigh Diced Beets Italian Pasta Salad Peach Fruit Cup	25 Tater Tot Casserole (1) California Blend Mixed Fruit Cup (1) Yogurt Cup(.5)	26 Ham balls with Glaze Baked Beans Sliced Carrots Applesauce	27 Beef Pot Roast Whipped Potatoes With gravy Cauliflower Pear Fruit Cup	28 Southwestern Chicken Au gratin Potatoes (1) Green Bean Mandarin Oranges (1)
31 HSS Closed Memorial Day				

May Fun Facts :

Named After: Mala, Greek goddess of fertility.
 Flower: Lily of the Valley
 Zodiac Sign: Taurus & Gemini
 Birthstone: Emerald

Levi Strauss & Jacob Davis obtained a patent May 20, 1873 for Blue Jeans.
 Empire State Building opened May 1, 1931.
 Lewis & Clark began their trip up the Missouri River May 14, 1804.
 Golden Gate Bridge opened May 27, 1937

Celebrate Monthly Birthdays with us the first Wednesday each month.

Nutrition Notes:

Bread and Milk included in all meals

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