



# Meals on Wheels of Story County Menu for February 2018

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>1</b> Sliced Ham  Cut Sweet Potatoes (1) Corn (1) Garden Lettuce Salad Pineapple Fruit Cup (1)	<b>2</b> Spaghetti Bake (2) Green Beans Garden Lettuce Salad SF Chocolate Pudding (1.5) Breadstick (1.25)
<b>5</b> Grilled Salmon w/Glaze (Alt:Season Chicken Breast) Whipped Potatoes (1) California Blend Carrot Sticks Pear Fruit Cup (1)	<b>6</b> Beef Pot Roast Red Skin Potatoes (1) Brussels Sprouts Garden Lettuce Salad Peanut Butter Cookie(1)	<b>7</b> Chicken w/ Dijon Sauce Cut Sweet Potatoes (1) Green Beans Garden Lettuce Salad Mandarin Oranges (1) <b>Birthday Treat</b>	<b>8</b> Vegetable Beef Stew (1) Whipped Potatoes(1) Sliced Carrots Peaches (1) Chocolate Chip Cookie(1)	<b>9</b> Chicken & Noodles (2) Broccoli Cuts Garden Lettuce Salad Tapioca Pudding (1)
<b>12</b> Goulash (3) Yellow Squash Sliced Carrots Peach Fruit Cup (1)	<b>13</b> Sweet/Sour Chicken (.5) Long Grain Rice(1) Corn(1) Garden Lettuce Salad w/tomato Applesauce(1)	<b>14</b> BBQ Pork on Bun (2) Red Diced Potatoes (1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges (1) <b>HAPPY VALENTINE'S DAY</b>	<b>15</b> Salisbury Steak  Whipped Potatoes (1) California Blend Pear Fruit Cup (1) Raisins(2)	<b>16</b> Key West Roast Cod (Alt:Grilled Chicken Breast) Mashed Potatoes (1) Stewed Tomatoes (.5) Garden Lettuce Salad Chocolate Chip Cookie(1.5)
<b>19</b> Beef Pot Roast Baked Sweet Potatoes (1) Sliced Carrots Peaches (1) Pound Cake (1)	<b>20</b> Glazed Salmon (Alt:Season Chicken Breast) Baked Potato(1) Corn(1) Mandarin Oranges(1) Chocolate Pudding (1.5)	<b>21</b> Seasoned Pork Loin Whipped Potatoes(1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits(1)	<b>22</b> Macaroni & Cheese (4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1)	<b>23</b> Sloppy Joe on Bun (2) Cut Sweet Potatoes(1) Yellow Squash Mandarin Oranges (1) Peanut Butter Cookie (1)
<b>26</b> Roast Beef Whipped Potatoes (1) Sliced Carrots Applesauce (1) Fresh Orange (1)	<b>27</b> Sweet & Sour Chicken (.5) Long Grain Rice (1) Corn(1) Garden Lettuce Salad Peaches(1)	<b>28</b> Macaroni & Cheese (4.5) Lima Beans (1) Garden Lettuce Salad Cut Banana (1) <b>Birthday Treat</b>		




**February :**  
 2 nd Groundhog Day  
 13 th Mardi Gras  
 14 th Ash Wednesday  
 14 th Valentine's Day  
 19 th President's Day

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