



Meals on Wheels of Story County Menu for April 2018

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	April Notes:
2 Beef Pot Roast Baked Sweet Potato(1) Sliced Carrots Peaches (1) Pound Cake (1)	3 Glazed Salmon (Alt:Season Chicken Breast) Baked Potato(1) Corn(1) Mandarin Oranges(1) Chocolate Pudding (1.5)	4 Seasoned Pork Loin Whipped Potatoes(1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits(1)	5 Macaroni &Cheese (4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1)	6 Sloppy Joe on Bun (2) Cut Sweet Potatoes(1) Yellow Squash Mandarin Oranges (1) Peanut Butter Cookie (1)	Get out the checkered tablecloth and have an indoor picnic with us on April 19th !  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
9 Roast Beef Whipped Potatoes (1) with Gravy (.5) Sliced Carrots Applesauce(1) Fresh Orange (1)	10 Sweet/Sour Chicken (.5) Long Grain Rice(1) Corn(1) Garden Lettuce Salad Peaches (1)	11 Macaroni &Cheese (4.5) Lima Beans (1) Garden Lettuce Salad Cut Banana (1) Birthday Treat	12 Peppered Beef Tips Whipped Potatoes (1) California Blend Carrot&Celery Sticks Applesauce(1)	13 Peppered Pork Loin w/ Chutney Country Sweet Potatoes(1) Mix Veg Blend Mandarin Oranges(1) Peanut Butter Cookie (1)	
16 Beef Pot Roast Baked Sweet Potato(1) Yellow Squash Carrot Sticks Raisins (2)	17 Southwestern Chicken AuGratin Potatoes (1) Cooked Spinach Mandarin Oranges(1) Vanilla Pudding (1)	18 Baked Salmon (alt: Herb Chicken) Wild Rice(1) Cauliflower Garden Lettuce Salad Applesauce (1)	19 Hamburger w/Bun Tomato/Lettuce/Onion Mixed Veg Blend Deli Style Potato Salad Mixed Fruit Cup (1) Springtime Picnic	20 Goulash (3) Green Beans Sliced Carrots Mandarin Oranges (1)	
23 Café Meatloaf (.5) Baked Potato(1) Yellow Squash Yogurt Cup(.5) Pear Fruit Cup (1)	24 Pot Roast Mashed Potatoes (1) with Gravy (.5) Sliced Carrots Applesauce(1) Fruit Cocktail(1)	25 Key West Roast Cod (Alt: Grilled Chicken) Long Grain Rice (1) Broccoli Cuts Garden Lettuce Salad Chocolate Chip Cookie(1.5)	26  Sliced Ham Cut Sweet Potatoes(1) Corn (1) Garden Lettuce Salad Pineapple Fruit Cup (1)	27 Spaghetti Bake (2) Green Beans Garden Lettuce Salad SF Chocolate Pudding (1.5) Breadsticks (1.25)	
30 Grilled Salmon w/Glaze (Alt:Season Chicken Breast) Whipped Potatoes (1) California Blend Fresh Carrot Sticks Pear Fruit Cup (1)					