



Meals on Wheels of Story County Menu for June 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	June Notes:
	Looking ahead : Meal Service will not be available Wednesday , July 4 due to the holiday!				1 Summer begins on June 21 st
4 Café Meatloaf (.5) Baked Potato(1) Peas(1) Yogurt Cup(.5) Pear Fruit Cup (1)	5 Pot Roast Mashed Potatoes (1) with Gravy (.5) Sliced Carrots Applesauce(1) Fruit Cocktail(1)	6 Key West Roast Cod (Alt: Grilled Chicken) Long Grain Rice (1) Broccoli Cuts Fresh Orange(1) Chocolate Chip Cookie(1.5)	7  Sliced Ham Cut Sweet Potatoes(1) Corn (1) Garden Lettuce Salad Pineapple Fruit Cup (1)	8 Spaghetti (2)with Meat Sauce Green Beans Garden Lettuce Salad SF Chocolate Pudding (1.5) Breadsticks (1.25)	Gather your friends and enjoy a meal together to welcome yet another Summer
11 Beef Pot Roast Baked Sweet Potato(1) Sliced Carrots Peaches (1) Pound Cake (1)	12 Baked Tilapia Baked Potato(1) Corn(1) Mandarin Oranges(1) Chocolate Pudding (1.5)	13 Seasoned Pork Loin Whipped Potatoes(1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits(1) Birthday Treat	14  Macaroni & Cheese (4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1) FLAG DAY	15 Sloppy Joe on Bun (2) Cut Sweet Potatoes(1) Oregon Bean Medley Mandarin Oranges (1) Peanut Butter Cookie (1)	Celebrate Monthly Birthdays with us on Special Wednesdays
18 Sweet/Sour Chicken Long Grain Rice(1) Corn (1) Garden Lettuce Salad w/Tomato Applesauce(1)	19 Goulash (3) Peas (1) Sliced Carrots Peach Fruit Cup (1)	20 BBQ Pork on Bun (2) Diced Potatoes(1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges (1)	21  Salisbury Steak Whipped Potatoes (1) California Blend Pear Fruit Cup (1) Raisins(2) WELCOME SUMMER!!	22 Key West Roast Cod (Alt:Grilled Chicken Breast) Mashed Potatoes (1) Stewed Tomatoes (.5) Coleslaw (.5) Chocolate Chip Cookie(1.5)	Nutrition Notes: Bread and Milk included in all meals
25 Baked Tilapia w/ Dijon Glaze (Alt:Season Chicken Brst) Whipped Potatoes (1) California Blend Fresh Carrot Sticks Pear Fruit Cup (1)	26 Beef Pot Roast Diced Potatoes (1) Brussels Sprouts Garden Lettuce Salad Peanut Butter Cookie(1)	27 Chicken W/ Dijon Sauce Cut Sweet Potato (1) Green Beans Garden Lettuce Salad Mandarin Oranges (1)	28 Hamburger on Bun (2) Tomato /Lettuce/ Onion Mixed Veg. Blend Deli Potato Salad(1) Mixed Fruit Cup (1)	29 Chicken and Noodles(2) Broccoli Cuts Garden Lettuce Salad Cut Banana (1) Tapioca Pudding (1)	A salt shaker  designates a menu with more than 800 mg of sodium

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