



Meals on Wheels of Story County Menu for OCTOBER 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	October Notes:
1 Tater Tot Casserole(1) Broccoli Cuts Mixed Fruit Cup (1) Sugar Cookie(1)	2 Southwestern Chicken AuGratin Potatoes(1) Cooked Spinach Mandarin Oranges(1) Vanilla Pudding(1)	3 Beef Pot Roast Baked Sweet Potatoes(1) Cauliflower Carrot Sticks Raisins(2)	4 Seasoned Tilapia (Alt: Herb Chicken) Wild Rice (1) Oregon Bean Medley Garden Lettuce Salad Applesauce(1)	5 Goulash (3) Green Beans Carrot Sticks Mandarin Oranges(1)	Pumpkin Power Although most people in the USA simply carve a pumpkin and toss it later, this humble vegetable is low in calories, high in fiber and packed with antioxidants and vitamins A, C and E! Try oven roasting the eyes, nose, and mouth cutouts. 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
8 Café Meatloaf (.5) Baked Potato (1) Peas (1) Yogurt Cup (.5) Pear Fruit Cup(1)	9 Pot Roast Whipped Potatoes(1) with Gravy(.5) Sliced Carrots Applesauce (1) Fruit Cocktail (1)	10 Key West Roast Cod (Alt: Grilled Chicken) Long Grain Rice(1) Broccoli Cuts Fresh Orange(1) Choc. Chip Cookie(1.5)	11 Sliced Ham Cut Sweet Potato Corn(1) Garden Lettuce Salad Pineapple Fruit Cup(1)	12 Spaghetti (2) with Meat Sauce Green Beans Garden Lettuce Salad SF Choc. Pudding (1.5) Breadstick (1.25)	
15 Beef Pot Roast Baked Sweet Potatoes(2) Snap Peas Peaches (1) Pound Cake (1)	16 Baked Tilapia Alt: Seasoned Chix Brst Baked Potato(1) Corn (1) Mandarin Oranges(1) Chocolate Pudding (1.5)	17 Seasoned Pork Loin Whipped Potatoes (1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits (1) BIRTHDAY TREAT	18 Macaroni & Cheese(4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1)	19 Sloppy Joe on Bun (2) Cut Sweet Potatoes(1) Oregon Bean Medley Mandarin Oranges(1) Peanut Butter Cookie(1)	
22 Sweet/ Sour Chicken (.5) Long Grain Rice (1) Corn(1) Garden Lettuce Salad w/tomato Applesauce(1)	23 Goulash (3) Peas(1) Sliced Carrots Peach Fruit Cup(1)	24 BBQ Pork on Bun (2) Diced Potatoes(1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges(1)	25 Salisbury Steak (.5) Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins(2)	26 Key West Roast Cod (Alt: Grilled Chicken Brst Whipped Potatoes(1) Stewed Tomatoes (.5) Coleslaw Choc. Chip Cookies(1.5)	
29 Baked Tilapia w/ Dijon Glaze (Alt:Season Chicken Brst) Whipped Potatoes(1) California Blend Fresh Carrot Sticks Pear Fruit Cup(1)	30 Beef Pot Roast Diced Potatoes(1) Brussels Sprouts Garden Lettuce Salad Peanut Butter Cookie (1)	31 Chicken w/Dijon Sauce Cut Sweet Potatoes(1) Green Beans Garden Lettuce Salad Mandarin Oranges(1) HALLOWEEN			

Come join us at Heartland on Halloween for a meal with the lunch bunch and have a frightfully fun time! **Costumes optional.** Call 515-233-2106 for a reservation.