

# Meals on Wheels of Story County Menu for November 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	November Notes
			Hamburger on Bun (2) Tomato/ Lettuce/Onion Mixed Veg Blend Cheesy Potato Cass. (1.5) Mixed Fruit Cup (1)	Chicken & Noodles (2) Broccoli Cuts Garden Lettuce Salad Cut Banana(1) Tapioca Pudding (1)	Sunday , Nov. 11 th is Veteran's Day  Join us on Monday November 12 at the Ames Congregate site to recognize and honor our community Veterans.
Roast Beef Whipped Potatoes(1) with gravy (.5) Sliced Carrots Applesauce(1) Fresh Orange(1)	Sweet & Sour Chicken (.5) Long Grain Rice(1) Corn (1) Garden Lettuce Salad Peaches(1)	Macaroni & Cheese(4.5) Lima Beans (1) Garden Lettuce Salad Cut Banana(1)	Shepherd's Pie California Blend Carrot&Celery Sticks Applesauce (1)	Pork Tips w/Chutney Country Swt Potatoes (1) Mix Veg. Blend Mandarin Oranges (1) Peanut Butter Cookie(1)	  Celebrate Monthly Birthdays with us on Special Wednesdays
Tater Tot Casserole (1) Broccoli Cuts Mixed Fruit Cup (1) Sugar Cookie(1) <b>Honor Veterans Day</b>	Southwestern Chicken Au Gratin Potatoes(1) Spinach Mandarin Oranges(1) S.F. Vanilla Pudding	<b>Fall Holiday Meal</b> Sliced Turkey Mashed Potatoes(1) w/gravy (.5) Green Bean Casserole (.5) Festive Jello Salad <b>Autumn Dessert (2)</b>	Seasoned Tilapia (Alt: Herb Chicken ) Wild Rice (1) Cape Cod Veg. Garden Lettuce Salad Applesauce(1)	Goulash (3) Green Beans Carrot Sticks Mandarin Oranges(1)	  <b>Nutrition Notes:</b> Bread and Milk included in all meals
Café Meatloaf (.5) Baked Potato (1) Peas (1) Yogurt Cup (.5) Pear Fruit Cup (1)	Pot Roast Beef Mashed Potatoes(1) Sliced Carrots Applesauce (1) Fruit Cocktail (1)	Key West Roast Cod (Alt: Grilled Chicken ) Long Grain Rice (1) Broccoli Cuts Fresh Orange(1) Choc.Chip Cookie(1.5)	<b>Happy Thanksgiving Day !</b>  <b>Heartland Senior Services is Closed on November 22 and 23 for the Thanksgiving Day Holiday (no meals)</b>		A salt shaker  designates a menu with more than 800 mg of sodium
Beef Pot Roast Baked Sweet Potato (1) Snap Peas Peaches(1) Pound Cake (1)	Baked Tilapia (Alt:Seas. Chicken Brst ) Baked Potato (1) Corn(1) Mandarin Oranges(1) Chocolate Pudding (1.5)	Pork Tips w/Chutney Whipped Potatoes(1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits(1) <b>BIRTHDAY TREAT</b>	Macaroni & Cheese (4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1)	Sloppy Joe on Bun (2) Cut Sweet Potato (1) Bermuda Veg. Medley Mandarin Oranges(1) Peanut Butter Cookie(1)	(1) The number in parentheses denotes the Carbohydrate Count per serving