



# Meals on Wheels of Story County Menu for April 2019

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



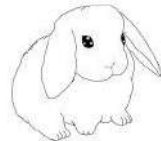


Join the "Friendly Lunch Bunch" for Congregate Meals **Mon.-Fri.** Between **11:30-12:15** at Heartland 205 South Walnut, Ames

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> Beef Pot Roast Baked Swt Potatoes(2) Snap Peas Peaches(1) Jello Cup (1)	<b>2</b> Baked Salmon w/ Glaze (Alt: Seas. Chicken Brst) Bakes Potato (1) Corn (1) Mandarin Oranges(1) Choc Pudding (1.5)	<b>3</b> Pork Tips w/ Chutney Whipped Potatoes(1) Brussels Sprouts Garden Lettuce Salad Pineapple Tidbits (1) <b>Birthday Treat</b>	<b>4</b> Macaroni & Cheese(4.5) Sliced Carrots Green Beans Tropical Fruit Cup (1) 	<b>5</b> Sloppy Joe on Bun(2) Cut Sweet Potatoes (1) Burmuda Veg. Medley Mandarin Oranges(1) Peanut Butter Cookie(1)
<b>8</b> Sweet/Sour Chicken (.5) Long Grain Rice (1) Broccoli Cuts Mixed Fruit Cup (1)	<b>9</b> Goulash (3) Peas(1) Garden Lettuce Salad w/Tomato Applesauce(1)	<b>10</b> BBQ Pork on Bun (2) Diced Potatoes(1) Sliced Carrots Garden Lettuce Salad Mandarin Oranges(1)	<b>11</b> Salisbury Steak w/gravy (.5) Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins(2)	<b>12</b> Key West Rst Cod (Alt:Grilled Chicken Brst) Whipped Potatoes(1) Stewed Tomatoes(.5) Coleslaw Choc. Chip Cookie (1.5)
<b>15</b> Baked Tilapia w/Orange Glaze (Alt: Seas. Chicken Brst) Whipped Potatoes (1) California Blend Fresh Carrot Sticks Pear Fruit Cup (1)	<b>16</b> Beef Pot Roast Diced Potatoes (1) Brussels Sprouts Garden Lettuce Salad Peanut Butter Cookie (1)	<b>17</b> Herbed Chicken Whipped Potatoes(1) w/gravy ; Green Beans Lettuce Sld w/ Tomato Mandarin Oranges (1) Frosted Banana Cake <b>Spring Luncheon</b>	<b>18</b> Hamburger on Bun (2) Tomato/Lettuce/Onion Mixed Veg. Blend Cheesy Potato Cass.(1.5) Mixed Fruit Cup (1)	<b>19</b> Chicken & Noodles (2) Broccoli Cuts Garden Lettuce Salad Cut Banana (1) Tapioca Pudding (1)
<b>22</b> Roast Beef Whipped Potatoes(1) with gravy Sliced Carrots Applesauce (1) Fresh Orange(1)	<b>23</b> Sweet/Sour Chicken (.5) Long Grain Rice (1) Corn(1) Garden Lettuce Salad Peaches(1)	<b>24</b> Macaroni & Cheese (4.5) Lima Beans (1) Garden Lettuce Salad Cut Banana (1) <b>Birthday Treat</b>	<b>25</b> Shepherd's Pie (1) California Blend Carrots & Celery Sticks Applesauce(1)	<b>26</b> Pork Tips w/Chutney Country Swt Potatoes(1) Mixed Vegetable Blend Mandarin Oranges (1) Peanut Butter Cookie (1)
<b>29</b> Tatertot Casserole (1) Broccoli Cuts Mixed Fruit Cup (1) Sugar Cookie (1)	<b>30</b> Southwestern Chicken AuGratin Potatoes (1) Spinach Mandarin Oranges (1) S.F.Vanilla Pudding (1)			

April Notes:

Join us for a special Spring themed luncheon on Wednesday, April 17.

Easter Sunday is April 21




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