

April 2022

Meals on Wheels of Story County Menu

Check your daily lunch menu on the HSS Website at www.heartland seniorservices.com
 A Service of Mary Greeley Medical Center and Heartland Senior Services of Story County

Attention:

For ANY meal changes or issues please


CALL: 515-357-4573

For cancellations & delivery changes please call by 8:30 AM the day before delivery.

For Monday meal changes call no later than by Friday at 8:30 AM.

If you call after this time you will be charged for the meal because they have been ordered.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Easter Sunday April 17th		1 Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup
4 Salmon Loaf Parsley Baby Potatoes Creamed Peas Butterscotch Pudding	5 Tacos Corn Mexican Rice Lettuce, Tom., Cheese, Sour cream Mandarin Oranges	6 Hamburger on Bun Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole Vanilla Pudding	7 Baked Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	8 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup
11 Beef Pot Roast Whipped Potatoes With gravy Mixed Veggies	12 Southwestern Chicken Au gratin Potatoes Green Bean Mandarin Oranges	13 Beef Patty & Sautéed Onions Potatoes O'Brian Diced Beets Peaches	14 Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce	15 Tater Tot Casserole Vegetable Blend Mixed Fruit Cup Yogurt Cup
18 BBQ Chicken Thigh Potato Salad Corn Mandarin Oranges	19 Parmesan Crusted Cod Wild Rice Glazed Baby Carrots Mixed Fruit	20 Sliced Ham Au Gratin Potatoes Peas Pear	21 Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Applesauce	22 Tuna Noodle Casserole Green Beans Peaches Butterscotch Pudding
25 Swedish Meatballs Egg Noodles Vegetable Blend Peaches Yogurt	26 Glazed Pork Cut Sweet Potato Peas Mixed Fruit	27 Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	28 Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	29 Turkey Tetrizzini Peas & Carrots Mandarin Oranges Vanilla Pudding

March Dates to Remember:
 April is Humor Month

The Revolutionary War in America began on April 19, 1775.

George Washington was inaugurated on April 30, 1789

The United States Library of Congress was established April 24, 1800.

The Titanic Sank on April 15, 1912.

March Fun Facts :

Birth Flowers: Sweet Pea & Daisy

Birthstone: Diamond

Zodiac Signs:

Aries:

Taurus:

Nutrition Notes:

Bread and Milk included in all meals

This menu is for Home Delivered Meals in Story County. Menu is subject to change without prior notice

