















MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY FLEX	THURSDAY	FRIDAY	FRIDAY FLEX
2 Chicken Alfredo 13g Stewed Tomatoes 7g Corn 19g Mixed Fruit 16g Choc. Chip Cookies 26g 93 Skim Milk 12g 604	3 Sausage Gravy 3g WG Biscuit 27g Cheesy Hashbrowns 19g Broccoli 5g 91 Orange 25g 713 Skim Milk 12g 	4 Sloppy Joe 8g WW Bun 21g Diced Potatoes 17g Cooked Cabbage 5g Pineapple 14g Skim Milk 12g 78 621	Honey Mustard Ham Wrap 32g Diced Potatoes 17g Pineapple 14g 75 Skim Milk 12g 542  	5 Turkey w/Gravy Mashed Potatoes 21g Germany Veg. Blend 15g 124 Banana 31g 664 WW Dinner Roll 14g Skim Milk 12g	6 Seafood Salad 3g over Lettuce 2g 2 WW Crackers 10g Minestrone 67 Soup 12g 556 Applesauce 15g Chocolate Milk 25g 	Tuna Salad over Lettuce 2g 2 WW Crackers 10g Minestrone 64 Soup 12g 453 Applesauce 15g Chocolate Milk 25g
9 Turkey Tetrazzini 22g Mixed Vegetables 13g Pears 18g Raisin Bread 17g Skim Milk 12g 82  586	10 Beef Taco 6g WW Tortilla 9g Shredded Lettuce and Cheese 1g Taco Sauce 65 Black Beans 568 w/Corn 21g Mixed Fruit 16g Skim Milk 12g	11 Chef Salad w/ 9g Ranch Dressing 2g Baby Potatoes 37g Banana 31g WW Dinner Roll 14g Skim Milk 12g 105 670	Liver and Onions 9g Baby Potatoes 37g Salad w/Ranch 2g Banana 31g WW Dinner Roll 14g Skim Milk 12g 105 691	12 Swedish Meatballs 5g Mashed Potatoes 21g Peas 12g 84 Apple 19g 748 WW Dinner Roll 14g Skim Milk 12g 	13 Baked Cod Colcannon 30g Lettuce Salad 116 with Ranch 2g 759 Orange 25g WW Dinner Roll 14g Choc. Pudding 30g Chocolate Milk 25g	Tuna Pasta Salad 13g Orange 25g WW Dinner Roll 14g Choc. Pudding 30g Chocolate Milk 25g 107 625 
16 Beef Stew w/ Root Vegetables 17g Cooked Cabbage 5g Peaches 18g Bread Pudding 17g Skim Milk 12g 69 660	17 Shredded Pork WW Bun 21g Peas and Carrots 11g Coleslaw 11g 80 Orange 25g 684 Skim Milk 12g 	18 Italian Chicken 2g Brussels Sprouts 7g Potato Salad 16g Raisins 22g Birthday Cake 29g Skim Milk 12g 89 666 	Turkey Cheese Wrap 30g Potato Salad 16g Raisins 22g Birthday Cake 29g Skim Milk 12g 110 707	19 Meatloaf 6g Cheesy Mashed Potatoes 21g 91 Green Beans 6g 654 Banana 31g WW Dinner Roll 14g Skim Milk 12g	20 Tuna and 125 Noodles 17g 654 Harvard Beets 19g Broccoli 5g Apple 19g WW Dinner Roll 14g Choc. Chip Cookie 26g Chocolate Milk 25g	Sweet Spinach Salad 21g 105 Apple 19g 645 WW Dinner Roll 14g Choc. Chip Cookie 26g Chocolate Milk 25g 
23 Baked Chicken Party Potatoes 22g Pea Salad 18g Rosy Applesauce 15g WW Dinner Roll 14g Skim Milk 12g 83 697	24 Goulash 30g Carrots 7g Orange 25g Breadstick 15g 114 Oatmeal Raisin 752 Cookie 25g Skim Milk 12g	25 Turkey Ham and Bean Soup 29g Mixed Veggies 13g Banana 31g Rice Krispy Treat 17g Cornbread 23g 125 Skim Milk 12g 777	Chicken Wrap 16g Banana 31g Rice Krispy Treat 17g Skim Milk 12g 76 569	26 Chicken Supreme 12g 57 Spinach 7g 624 Lettuce Salad w/ Ranch Dressing 2g Craisins 24g Skim Milk 12g	27 Tuna Ala King 18g Brussels Sprouts 7g Apple 19g WG Biscuit 27g Chocolate Milk 25g 96 628	Garden Salad 7g String Cheese Apple 19g Chocolate Milk 25g 51 455
30 Chicken Noodle Soup 12g 90 Corn 19g 737 Orange 25g WW Dinner Roll 14g Banana Bar 21g Skim Milk 12g	31 Cali Burger 5g WW Bun 21g Lett/Tom/Onion 5g Baked Beans 24g Banana 31g 98 Skim Milk 12g 718 	 <h2 style="margin: 0;"><u>MARCH MENU</u></h2> <h3 style="margin: 0;">6300 Pioneer Parkway Johnston Iowa 50131</h3> <h3 style="margin: 0;">Call 515-251-3707 For Reservations</h3> <p style="margin: 0;"><i>(Meals served daily at 12:00 noon except Fridays @ 11:45.</i></p>  				

SENIOR SERVICES OF POLK COUNTY Menus, with the exception of the optional Wednesday and Friday Flex, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). All menus are subject to change. The number following the food item is the amount in grams of carbohydrates the food item contains. Top number = carbohydrates Bottom number = calories Pig=meal contains pork. Salt shaker=meal contains 800 mg or more of sodium