

**Meals on Wheels of Story County Menu for September 2020**

Check your daily lunch menu on the HSS Website at [www.heartland seniorservices.com](http://www.heartland seniorservices.com) Phone contact: (515) 233-2906

A Service of Mary Greeley Medical Center and Heartland Senior Services of Story County



Attention:

**Cancellations & Delivery:**

**Please call by 8:30 am  
day before delivery  
for meal changes.  
515-233-2906**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Riblet on a Bun (2) Diced Potatoes (1) Baked Beans Mixed Fruit Cup (1) Peanut Butter Cookie (1)	2 Chicken w/ Dijon Sauce Cut Sweet Potato (1) Green Beans Spinach Lettuce Salad Applesauce (1)	3 BBQ Chicken Wings Roasted Red Potatoes (1) Mix Vegetable Blend Mandarin Oranges(1) Sugar Cookie (1)	4 Turkey Tetrzini Broccoli Cuts Garden Lettuce Salad Peaches (1) Vanilla Pudding (1)
7 <b>LABOR DAY Heartland Senior Services CLOSED no meal service</b>	8 Taco Bake Spanish Rice(2) Refried Beans (1) Lettuce, Tom., Cheese, Sour cream Cut Banana (1)	9 Glazed Baked Chicken Thigh California Blend Italian Pasta Salad Pear Fruit Cup (1)  <b>Birthday Treat</b>	10 Hamburger on Bun (2) Tomato/Lettuce/Onion Mixed Veg. Blend Cheesy Potato Casserole (1.5) Mixed Fruit Cup (1)	11 Chef's Choice Whipped Potatoes (1) w/ gravy (.5) Cape Cod Veg. Garden Lettuce Salad Peaches (1)
14 Tater Tot Casserole (1) Corn (1) Mixed Fruit Cup (1) Sugar Cookie (1)	15 Egg Salad Bread Slices Cottage Cheese Raisins Peaches (1)	16 Beef Pot Roast Whipped Potatoes (1) w/ gravy (.5) Cauliflower & Carrots Pineapple (1)	17 Southwestern Chicken Au gratin Potatoes (1) Spinach Mandarin Oranges (1) S.F. Vanilla Pudding (1)	18 Spaghetti w/ Meat Sauce (2) Green Beans Garden Lettuce Salad SF Chocolate Pudding (1.5) Breadstick (1.25)
21 Café Meatloaf (.5) Whipped Potatoes (1) w/ gravy (.5) Peas (1) Peach Cup (1)	22 Baked Salmon /Glaze Alt: Seas. Chicken Brst Roasted Red Potatoes (1) Green Beans Mandarin Oranges (1) Chocolate Pudding (1.5)	23 Key West Roast Cod (Alt: Grilled Chicken ) Wild Rice (1) Cape Cod Veg. Blend Fresh Orange(1) Chocolate Chip Cookie (1.5)	24 Sliced Ham Macaroni and Cheese (2) Corn(1) Garden Lettuce Salad Pineapple Fruit Cup (1)	25 Hamburger on Bun (2) Tomato / Lettuce/ Onion BBQ Baked Beans Pasta Salad Pear Fruit Cup (1)
28 Chicken Broccoli Rice Cass.(1) Green Beans Fruit Cocktail Cup (1) Sugar Cookie (1)	29 Sliced Turkey with gravy Mashed Potatoes (1) Diced Beets Applesauce (1) Fruit Cocktail (1)	30 Pork Tips w/ chutney Baked Sweet Potatoes (2) Peas Applesauce (1)  <b>Birthday Treat</b>		

September Notes :

Celebrate Healthy living during Active Aging Month

Time to take that extra walk or bike ride.

Choose a new vegetable or fruit at a farmer's market.

Take time for a fun lunch visit with a friend.

Celebrate Monthly Birthdays with us on Special Wednesdays



**Nutrition Notes:**

Bread and Milk included in all meals

(1) The number in parentheses denotes the Carbohydrate Count/ serving  
(1) Carbohydrate= 15 gm