

Meals on Wheels of Story County Menu for October 2020

Check your daily lunch menu on the HSS Website at www.heartlandseniorservices.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 Macaroni and Cheese (4.5) Sliced Carrots Peas Tropical Fruit Cup (1)	2 Sloppy Joe on Bun (2) Diced Potatoes (1) Bermuda Veg. Medley Mandarin Oranges (1) Peanut Butter Cookie(1)
5 Teriyaki Chicken Long Grain Rice (1) Broccoli Cuts Mixed Fruit Cup (1)	6 Goulash (3) Peas (1) Garden Lettuce Salad w/ tomato Applesauce (1)	7 Key West Roast Cod (Alt: Grilled Chicken Brst) Whipped Potatoes (1) Stewed Tomatoes (.5) Coleslaw Chocolate Chip Cookie(1.5)	8 BBQ Chicken Wings Country Sweet Potatoes (1) Mix Vegetable Blend Mandarin Oranges(1) Peanut Butter Cookie (1)	9 BBQ Pork on Bun (2) O'Brien Potatoes (1) Cheesy Cauliflower (1) Garden Lettuce Sld Mandarin Oranges (1)
12 Chicken w/ Dijon Sauce Cut Sweet Potato (1) Green Beans Spinach Lettuce Salad Applesauce (1)	13 Riblet on a Bun (2) Diced Potatoes (1) Baked Beans Mixed Fruit Cup (1) Peanut Butter Cookie (1)	14 Baked Tilapia w/ Orange Glaze (Alt: Grilled Chicken Brst) Whipped Potatoes (1) Peas Fresh Carrot Sticks Pear Fruit Cup (1)	15 Salisbury Steak w/gravy (.5) Whipped Potatoes(1) California Blend Pear Fruit Cup (1) Raisins (2)	16 Sliced Ham Diced Potatoes (1) Green Beans Spinach Salad Peaches (1)
19 Hamburger on Bun (2) Tomato/Lettuce/Onion Mixed Veg. Blend Cheesy Potato Casserole (1.5) Mixed Fruit Cup (1)	20 Sliced Turkey with gravy Mashed Potatoes (1) Diced Beets Applesauce (1) Fruit Cocktail (1)	21 Baked Chicken Thigh California Blend Diced Beets Italian Pasta Salad Pear Fruit Cup (1) Birthday Treat	22 Roast Beef Whipped Potatoes (1) with gravy Sliced Carrots Applesauce(1) Fresh Orange(1)	23 Tuna and Noodles (2) Broccoli Cuts Garden Lettuce Salad Cut Banana (1) Vanilla Pudding (1)
26 Tater Tot Casserole (1) California Blend Mixed Fruit Cup (1) Sugar Cookie (1)	27 Seasoned Tilapia (Alt: Herb Chicken) Wild Rice (1) Cape Cod Veg. Garden Lettuce Salad Applesauce(1)	28 Meatloaf Baked Sweet Potato (1) Cauliflower Carrot Sticks Pineapple (1)	29 Southwestern Chicken Au gratin Potatoes (1) Spinach Mandarin Oranges (1) S.F. Vanilla Pudding (1)	30 Hamburger on Bun (2) Tomato / Lettuce/ Onion Green Beans Sliced Carrots Pear Fruit Cup (1)

October Notes:

Pumpkin Power
Although most people in the USA simply carve a pumpkin and toss it later, this humble vegetable is low in calories, high in fiber and packed with antioxidants and vitamins A, C and E!
Try oven roasting the eyes, nose, and mouth cutouts.

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