

Meals on Wheels of Story County Menu for January 2021

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

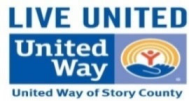
Attention:

Cancellations & Delivery:

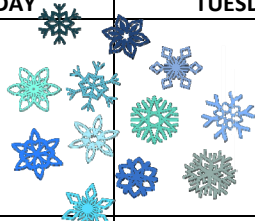

Please call by 8:30 am
day before delivery.

For Monday changes call
no later than Friday
by 8:30 am for meal changes.

If you call after this time
you will be charged for
the meal.
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
				January 1, 2021 !! Heartland Senior Services is Closed for the Holiday
4	5	6	7	8
Baked Tilapia with Glaze Whipped Potatoes (1) Green Beans Pear Fruit Cup (1)	Riblet on a Bun (2) Diced Potatoes (1) Baked Beans Mixed Fruit Cup (1)	Macaroni and Cheese Sliced Carrots Peas Applesauce (1) Pumpkin Bar	BBQ Chicken Wings Potato Salad Corn Mandarin Oranges(1)	Chicken and Noodles (2) Mashed Potatoes Mixed Veggies Peaches Vanilla Pudding (1)
11	12	13	14	15
Beet Stroganoff W/ Egg Noodles Peas & Carrots Pear Fruit Cup (1)	Taco Bake Spanish Rice(2) Refried Beans (1) Lettuce, Tom., Cheese, Sour cream Mandarin Oranges	Salmon Loaf Parsley Baby Potatoes Creamed Peas Peach Cobbler	Hamburger on Bun (2) Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole Mixed Fruit Cup (1)	Cold Chicken Salad Roll Cottage Cheese Peaches (1)
18	19	20	21	22
Martin Luther King Jr. Day Tater Tot Casserole (1) California Blend Mixed Fruit Cup (1) Yogurt Cup(.5)	Baked Chicken Thigh Diced Beets Italian Pasta Salad Peaches (1)	Beef Pot Roast Whipped Potatoes With gravy Cauliflower Apple Sauce Chocolate Chip Bar	Southwestern Chicken Au gratin Potatoes (1) Green Bean Mandarin Oranges (1)	Ham balls with Glaze Baked Beans Sliced Carrots Pear Fruit Cup (1)
25	26	27	28	29
Café Meatloaf (.5) Whipped Potatoes With gravy Mixed Veggies (1) Pear Fruit Cup (1)	Sliced Ham Au Gratin Potatoes Scalloped Corn Peaches (1)	Egg salad Roll Cottage Cheese Apple Crisp	Chicken Parmesan Pasta Green Beans Breadstick (1.25) Apple Sauce	Tuna and Noodles (2) Peas & Carrots Mandarin Oranges Vanilla Pudding

January Fun Facts :

The Rose Parade has been held every year since 1890 and is viewed in over 100 countries around the globe.

In leap years, January always starts on the same day of the weeks April and July.

Originally, the Roman calendar had only 10 months, and it excluded January and February.

Celebrate Monthly Birthdays with us Each Wednesday



Nutrition Notes:

Bread and Milk included in all meals

(1) The number in parentheses denotes the Carbohydrate Count per serving