

Meals on Wheels of Story County Menu for July 2021

Check your daily lunch menu on the HSS Website at www.heartlandseniorservices.com Phone Number: (515) 233-2906
A Service of Mary Greeley Medical Center and Heartland Senior Services of Story County

Attention:

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.
CALL: 515-233-2906

Congregate Meal at Heartland is served M-F at 11:15 am. For reservations please call by 8:30 AM the day before.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Hamburger on Bun (2) Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole (1.5) Chocolate Pudding	2 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup (1)
5 Closed For 4th of July	6 Southwestern Chicken Au gratin Potatoes (1) Green Bean Mandarin Oranges (1)	7 Ham balls with Glaze Baked Beans Sliced Carrots Applesauce	8 Beef Pot Roast With gravy Whipped Potatoes With gravy Cauliflower Pear Fruit Cup	9 Tater Tot Casserole (1) California Blend Mixed Fruit Cup (1) Yogurt Cup(.5)
12 Tuna Noodle Casserole Peas & Carrots Mandarin Oranges Butterscotch Pudding	13 Biscuits & Gravy Hard Boiled Egg Diced Potatoes Peaches Yogurt	14 Café Meatloaf (.5) Whipped Potatoes With gravy Mixed Veggies (1) Applesauce	15 Chicken Florentine Wild Rice Cape Cod Vegetables Mixed Fruit	16 Sliced Ham Au Gratin Potatoes Scalloped Corn Pear (1)
19 Lemon Butter Cod Wild Rice Glazed Baby Carrots Mixed Fruit	20 Chicken with Mushroom Cream Sauce Wild Rice Green Beans Apple Sauce	21 Turkey Tetrazzini Broccoli Cuts Peaches (1) Vanilla Pudding (1)	22 Sloppy Joe on Bun (2) Diced Potatoes (1) Mixed Veggies (1) Mandarin Oranges (1)	23 Salisbury Steak (.5) Whipped Potatoes With gravy Corn Pear Fruit Cup (1)
26 Sliced Turkey Whipped Potatoes With gravy Mixed Veggies (1) Applesauce (1)	27 BBQ Pork on Bun (2) Calico Bean Medley Corn Mandarin Oranges (1)	28 Goulash (3) Peas (1) Breadstick Pear	29 Chicken w/ Dijon Sauce Cut Sweet Potato (1) Green Beans Peaches	30 Lasagna Roll-up With Meat Sauce Green Beans Mixed Fruit

July Dates to Remember :
July 1st Canada Day
July 4th Independence Day
July 14th Bastille Day: Storming Bastille in Paris, which signaled the start of the French Revolution.

July Fun Facts :
Birthstone: Ruby
Flower: Larkspur or Water Lily
Zodiac Signs: Cancer & Leo
Named after: Julius Caesar who was born on July 12th.

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

