

Meals on Wheels of Story County Menu for August 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.

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

If you call after this time you will be charged for the meal because they have been ordered.
CALL: 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
2 Beefy Mac & Cheese Sliced Carrots Peas Applesauce (1)	3 Baked Tilapia with Glaze Whipped Potatoes (1) Green Beans Pear Fruit Cup (1)	4 BBQ Chicken Wings Potato Salad Corn Mandarin Oranges(1)	5 Riblet on a Bun (2) Diced Potatoes (1) Baked Beans Mixed Fruit Cup (1)	6 Chicken and Noodles (2) Mashed Potatoes Mixed Veggies Peaches Vanilla Pudding (1)
9 Cold Chicken Salad Roll Cottage Cheese Fresh Carrot Sticks Peaches (1)	10 Salmon Patties Parsley Baby Potatoes Creamed Peas Mixed Fruit Cup (1)	11 Taco Bake Spanish Rice(2) Refried Beans (1) Lettuce, Tom., Cheese, Sour cream Mandarin Oranges	12 Hamburger on Bun (2) Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole (1.5) Chocolate Pudding	13 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup (1)
16 BBQ Chicken Thigh Diced Beets Italian Pasta Salad Peaches (1)	17 Southwestern Chicken Au gratin Potatoes (1) Green Bean Mandarin Oranges (1)	18 Ham balls with Glaze Baked Beans Sliced Carrots Applesauce	19 Beef Pot Roast Whipped Potatoes With gravy Cauliflower Pear Fruit Cup	20 Tater Tot Casserole (1) California Blend Mixed Fruit Cup (1) Yogurt Cup(.5)
23 Chicken Florentine Wild Rice Cape Cod Vegetables Mixed Fruit	24 Biscuits & Gravy Hard Boiled Egg Diced Potatoes Peaches Yogurt	25 Café Meatloaf (.5) Whipped Potatoes With gravy Mixed Veggies (1) Applesauce	26 Tuna Noodle Casserole Peas & Carrots Mandarin Oranges Butterscotch Pudding	27 Sliced Ham Au Gratin Potatoes Scalloped Corn Pear (1)
30 Turkey Tetrazzini Broccoli Cuts Peaches (1) Vanilla Pudding (1)	31 Lemon Butter Cod Wild Rice Glazed Baby Carrots Mixed Fruit			

Iowa State Fair Fun Facts:

Dates: 12th - 22nd
First Iowa State Fair held in Fairfield October 15-17, 1854
Largest fair turn out was in 2008 with 1,109,150 total attendees
Hottest fair day recorded was 108 degrees on August 16, 1983
There are more than 60 different foods on a stick.

August Fun Facts :

Birth Flowers: Gladiolus & Poppy
Birthstone: Peridot
Zodiac Signs:
Leo: July 23- August 22
Virgo: August 23- September 22

Celebrate Monthly Birthdays with us

The first Wednesday of each month.



Nutrition Notes:

Bread and Milk included in all meals

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

