

# Meals on Wheels of Story County Menu for October 2021

Check your daily lunch menu on the HSS Website at [www.heartlandsseniorservices.com](http://www.heartlandsseniorservices.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
				
4	5	6	7	8
BBQ Chicken Wings Potato Salad Corn Mandarin Oranges(1)	Lemon Butter Cod Wild Rice Glazed Baby Carrots Mixed Fruit	Tuna Noodle Casserole Peas & Carrots Peaches  Birthday Treat	Sliced Ham Au Gratin Potatoes Scalloped Corn Pear (1)	Tater Tot Casserole (1) California Blend Mixed Fruit Cup (1) Yogurt Cup(.5)
11	12	13	14	15
Swedish Meatballs Egg Noodles California Blend Peaches Yogurt	Glazed Pork Wild Rice Cape Cod Vegetables Mixed Fruit	Turkey Tetrizzini Peas & Carrots Peaches (1) Vanilla Pudding (1)	Salisbury Steak (.5) Whipped Potatoes With gravy Peas Pear Fruit Cup (1)	Chicken with Mushroom Cream Sauce Wild Rice Green Beans Apple Sauce
18	19	20	21	22
Goulash (3) Peas (1) Cottage Cheese Peaches	Chicken w/ Dijon Sauce Cut Sweet Potato (1) Green Beans Peaches	Sliced Turkey Whipped Potatoes With gravy Mixed Veggies (1) Applesauce (1)	BBQ Pork on Bun (2) Calico Bean Medley Corn Mandarin Oranges (1)	Lasagna Roll-up With Meat Sauce Green Beans Mixed Fruit
25	26	27	28	29
Mac & Cheese Sliced Carrots Peas Applesauce (1)	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)	Chicken and Noodles (2) Mashed Potatoes Mixed Veggies Peaches Vanilla Pudding (1)	Sloppy Joe on Bun (2) Diced Potatoes (1) Mixed Veggies (1) Mandarin Oranges (1)

**October**  
 1 October 12, 1942 Columbus arrived in America.  
 October 28th is National Chocolate Day!  
 October 31st is Halloween.  
 October 1888 the First National Geographic magazine was released.  
 October 1886 the Statue of Liberty arrived in the US from France

**October Fun Facts :**  
 Birth Flowers: Marigold  
 Birthstone: Tourmaline & Opal  
 Zodiac Signs:  
 Libra: September 23- October 22  
 Scorpio: October 23-November 21

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