

Meals on Wheels of Story County Menu for November 2021

Check your daily lunch menu on the HSS Website at www.heartlandseniorservices.com

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: 515-357-4573



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Chicken Wings Potato Salad Corn Mandarin Oranges	2 Lemon Butter Cod Wild Rice Glazed Baby Carrots Mixed Fruit	3 Sliced Ham Au Gratin Potatoes Creamed Corn Pear Birthday Treat	4 Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Applesauce	5 Tuna Noodle Casserole Peas & Carrots Peaches Butterscotch Pudding
8 Swedish Meatballs Egg Noodles California Blend Peaches Yogurt	9 Glazed Pork Cut Sweet Potato Cape Cod Vegetables Mixed Fruit	10 Turkey Tetrizzini Peas & Carrots Peaches Vanilla Pudding	11 Salisbury Steak Whipped Potatoes Peas Pear Fruit Cup	12 Chicken with Mushroom Cream Sauce Wild Rice Green Beans Apple Sauce
15 Goulash Peas Cottage Cheese Peaches	16 Chicken w/ Dijon Sauce Cut Sweet Potato Green Beans Peach's	17 Sliced Turkey Whipped Potatoes With gravy Green Bean Casserole Dinner Roll Thanksgiving Pie	18 BBQ Pork on Bun Calico Bean Medley Corn Mandarin Oranges	19 Lasagna Roll-up With Meat Sauce Green Beans Mixed Fruit
22 Chicken and Noodles Mashed Potatoes Mixed Veggies Peaches Vanilla Pudding	23 Sloppy Joe on Bun Diced Potatoes Mixed Veggies Mandarin Oranges	24 Mac & Cheese Sliced Carrots Peas Applesauce	25 HSS Closed	26 HSS Closed
29 Salmon Loaf Parsley Baby Potatoes Creamed Peas Butterscotch Pudding	30 Taco Bake Fiesta Corn Mexican Rice Lettuce, Tom., Cheese, Sour cream Mandarin Oranges			

November Dates to Remember:

11th: Veterans Day
25th: Thanksgiving

November Fun Facts :

Birth Flowers: Chrysanthemum
Birthstone: Topaz & Citrine
Zodiac Signs:
Scorpio: Oct 23-Nov 22
Sagittarius: Nov 23- Dec 21

- On Thanksgiving day there are
1. about 50 million pumpkin pies consumed.
 2. Americans consume 736 million pounds of turkey.
 3. There are 40 million green bean casseroles each year.

Nutrition Notes:

Bread and Milk included in all meals

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