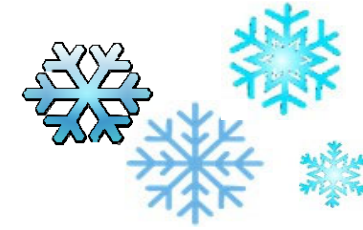




January 2022

Meals on Wheels of Story County Menu

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 ANY meal changes or issues please

CALL: 515-357-4573

For cancellations & delivery changes please call by 8:30 AM the day before delivery.

For Monday meal changes call no later than Friday at 8:30 AM.

If you call after this time you will be charged for the meal because they have been ordered.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HSS Closed	4 Baked Tilapia with Glaze Whipped Potatoes Green Beans Pear Fruit Cup	5 Chicken and Noodles Mashed Potatoes Mixed Veggies Peaches Vanilla Pudding	6 Riblet on a Bun Parsley Baby Potatoes Baked Beans Mixed Fruit Cup	7 Sloppy Joe on Bun Diced Potatoes Mixed Veggies Mandarin Oranges
10 Salmon Loaf Parsley Baby Potatoes Creamed Peas Butterscotch Pudding	11 Tacos Fiesta Corn Mexican Rice Lettuce, Tom., Cheese, Sour cream Mandarin Oranges	12 Hamburger on Bun Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole Peaches	13 Baked Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	14 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup
17 Beef Pot Roast Whipped Potatoes With gravy Mixed Veggies Pear Fruit Cup	18 Southwestern Chicken Au gratin Potatoes Green Bean Peaches	19 Hamburger Patty w/Sauteed onions & gravy Potatoes O'Brian Diced Beets Mandarin Oranges	20 Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce	21 Tater Tot Casserole California Blend Mixed Fruit Cup Yogurt Cup
24 Lemon Butter Cod Wild Rice Glazed Baby Carrots Mixed Fruit	25 BBQ Chicken Wings Potato Salad Corn Mandarin Oranges	26 Sliced Ham Au Gratin Potatoes Peas Pear Fruit Cup	27 Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Applesauce	28 Tuna Noodle Casserole Green Beans Peaches Butterscotch Pudding
31 Swedish Meatballs Egg Noodles California Blend Peaches Yogurt				

January Dates to Remember:

New Years Day: Jan 1
 MLK Day observed: Jan 17

January Fun Facts :

Birth Flowers: Dianthus Caryophyllids
 Birthstone: Garnet
 Zodiac Signs:
 Capricorn: Dec 22- Jan 19
 Aquarius: Jan 20- Feb 18

January is considered the coldest month in the Northern hemisphere.

Jan 10, 1920 League of Nations was established.

National Blood Donor Month

Nutrition Notes:

Bread and Milk included in all meals

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