

June 2022

Meals on Wheels of Story County Menu

Check your daily lunch menu on the HSS Website at www.heartlandsseniorservices.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 by 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
		1 Beef Patty & Sautéed Onions Potatoes O'Brian Diced Beets Peaches	2 Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce	3 Tater Tot Casserole Vegetable Blend Mixed Fruit Cup Yogurt Cup
6 Breaded Cod Wild Rice Glazed Baby Carrots Mixed Fruit	7 Chicken Salad Sandwich Cottage Cheese Grapes Chocolate Pudding	8 Sliced Ham Au Gratin Potatoes Peas Pear Birthday Treat	9 Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Applesauce	10 Creamed Chicken over Biscuits Green Beans Peaches Butterscotch Pudding
13 Swedish Meatballs Egg Noodles Vegetable Blend Peaches Yogurt	14 Glazed Pork Cut Sweet Potato Peas Mixed Fruit	15 Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	16 Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	17 Turkey Tetrazzini Peas & Carrots Mandarin Oranges Vanilla Pudding
20 Goulash Peas Cottage Cheese Peaches	21 Chicken w/ Dijon Sauce Cut Sweet Potato Green Beans Peach's	22 Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce	23 BBQ Pork on Bun Calico Bean Medley Corn Mandarin Oranges	24 Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit
27 Mac & Cheese Sliced Carrots Green Beans Applesauce	28 Turkey & Swiss Sandwich Potato Salad Carrot Sticks Pear Fruit Cup	29 Chicken and Noodles Mashed Potatoes Peas Peaches Vanilla Pudding	30 Riblet on a Bun Parsley Baby Potatoes Baked Beans Mixed Fruit Cup	

June Dates to Remember:

June 5th: World Environment Day
 June 14th: Strawberry Moon
 June 14th: Flag Day
 June 19th: Father's Day
 June 21th: Summer Solstice

June Fun Facts :

Birth Flowers:
 Rose & Honeysuckle
 Birthstone:
 Pearl, Moonstone, & Alexandrite
 Zodiac Signs:
 Gemini & Cancer

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

