

Meals on Wheels of Story County Menu for July 2021

Check your daily lunch menu on the HSS Website at www.heartland seniorservices.com Phone Number: (515) 233-2906

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.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 Closed For 4th of July	5 Salmon Loaf Parsley Baby Potatoes Creamed Peas Butterscotch Pudding	6 Hamburger on Bun Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole Vanilla Pudding	7 Baked Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	8 Sloppy Joe on Bun Diced Potatoes Mixed Veggies Mandarin Oranges
11 Beef Pot Roast Whipped Potatoes With gravy Mixed Veggies Pear Fruit Cup	12 Southwestern Chicken Au gratin Potatoes Green Bean Mandarin Oranges	13 Beef Patty & Sauteed Onions Potatoes O'Brian Diced Beets Peaches	14 Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce	15 Tater Tot Casserole Vegetable Blend Mixed Fruit Cup Yogurt Cup
18 Breaded Cod Wild Rice Glazed Baby Carrots Mixed Fruit	19 Chicken Salad Sandwich Cottage Cheese Grapes Chocolate Pudding	20 Sliced Ham Au Gratin Potatoes Peas Pear	21 Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Applesauce	22 Creamed Chicken over Biscuits Green Beans Peaches Butterscotch Pudding
25 Swedish Meatballs Egg Noodles Vegetable Blend Peaches Yogurt	26 Glazed Pork Cut Sweet Potato Peas Mixed Fruit	27 Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	28 Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	29 Turkey Tetrazzini Peas & Carrots Mandarin Oranges Vanilla Pudding

July Dates to Remember :
1 July 1st Canada Day
July 4th Independence Day
July 14th Bastille Day: Storming Bastille in Paris, which signaled the start of the French Revolution.

July Fun Facts :
Birthstone: Ruby
Flower: Larkspur or Water Lily

Zodiac Signs: Cancer & Leo
Named after: Julius Caesar who was born on July 12th.

Celebrate Monthly Birthdays with us Each Wednesday



Nutrition Notes:
Bread and Milk included in all meals

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

