

September 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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Applesauce	2 Creamed Chicken over Biscuits Green Beans Peaches Butterscotch Pudding
5 Closed For Labor Day!	6 Glazed Pork Cut Sweet Potato Peas Mixed Fruit	7 Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	8 Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	9 Turkey Tetraxini Peas & Carrots Mandarin Oranges Vanilla Pudding
12 Goulash Peas Cottage Cheese Peaches	13 Chicken w/ Dijon Sauce Cut Sweet Potato Green Beans Peach's	14 Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce	15 BBQ Pork Calico Bean Medley Corn Mandarin Oranges	16 Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit
19 Mac & Cheese Sliced Carrots Green Beans Applesauce	20 Turkey & Swiss Sandwich Potato Salad Carrot Sticks Pear Fruit Cup	21 Chicken and Noodles Mashed Potatoes Peas Peaches Vanilla Pudding	22 Riblet Patty Parsley Baby Potatoes Baked Beans Mixed Fruit Cup	23 Sloppy Joe Diced Potatoes Mixed Veggies Mandarin Oranges
26 Baked Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	27 Enchiladas Corn Mexican Rice Sour cream Mandarin Oranges	28 Salmon Loaf Parsley Baby Potatoes Creamed Peas Butterscotch Pudding	29 Hamburger Patty Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole Vanilla Pudding	30 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup



Nutrition Notes:
 Bread and Milk included in all meals
 (1) The number in parentheses denotes the Carbohydrate Count per serving