

# October 2022

## Meals on Wheels of Story County Menu

Check your daily lunch menu on the HSS Website at [www.heartlandseniorservices.com](http://www.heartlandseniorservices.com)

A Service of Mary Greeley Medical Center and Heartland Senior Services of Story County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Southwestern Chicken Au gratin Potatoes Green Bean Mandarin Oranges</p>	<p>4</p> <p>Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce</p>	<p>5</p> <p>Beef Patty &amp; Sauteed Onions Potatoes O'Brian Diced Beets Peaches</p>	<p>6</p> <p>Beef Pot Roast Whipped Potatoes With gravy Mixed Veggies Pear Fruit Cup</p>	<p>7</p> <p>Tater Tot Casserole Vegetable Blend Mixed Fruit Cup Yogurt Cup</p>
<p>10</p> <p>BBQ Chicken Thigh Potato Salad Corn Mandarin Oranges</p>	<p>11</p> <p>Breaded Cod Wild Rice Glazed Baby Carrots Mixed Fruit</p>	<p>12</p> <p>Sliced Ham Au Gratin Potatoes Peas Pear</p>	<p>13</p> <p>Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Applesauce</p>	<p>14</p> <p>Creamed Chicken over Biscuits Green Beans Peaches Butterscotch Pudding</p>
<p>17</p> <p>Swedish Meatballs Egg Noodles Vegetable Blend Peaches Yogurt</p>	<p>18</p> <p>Glazed Pork Cut Sweet Potato Peas Mixed Fruit</p>	<p>19</p> <p>Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup</p>	<p>20</p> <p>Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce</p>	<p>21</p> <p>Turkey Tetrzzini Peas &amp; Carrots Mandarin Oranges Vanilla Pudding</p>
<p>24</p> <p>Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit</p>	<p>25</p> <p>Chicken w/ Dijon Sauce Cut Sweet Potato Green Beans Peach's</p>	<p>26</p> <p>Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce</p>	<p>27</p> <p>BBQ Pork on Bun Calico Bean Medley Corn Mandarin Oranges</p>	<p>28</p> <p>Goulash Peas Cottage Cheese Peaches</p>
<p>31</p> <p>Mac &amp; Cheese Sliced Carrots Green Beans Applesauce</p>				

**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 then 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



**Nutrition Notes:**

Bread and Milk included in all meals

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