

November 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 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 Baked Tilapia with Glaze Whipped Potatoes Mixed Veggies Pear Fruit Cup	2 Chicken and Noodles Mashed Potatoes Peas Peaches Vanilla Pudding	3 Riblet on a Bun Parsley Baby Potatoes Baked Beans Mixed Fruit Cup	4 Sloppy Joe on Bun Diced Potatoes Mixed Veggies Mandarin Oranges
7 Baked Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	8 Enchiladas Corn Mexican Rice Sour cream Mandarin Oranges	9 Salmon Loaf Parsley Baby Potatoes Creamed Peas Butterscotch Pudding	10 Hamburger on Bun Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole Vanilla Pudding	11 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup
14 Southwestern Chicken Au gratin Potatoes Green Bean Mandarin Oranges	15 Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce	16 Beef Patty & Sauteed Onions Potatoes O'Brian Diced Beets Peaches	17 Beef Pot Roast Whipped Potatoes With gravy Mixed Veggies Pear Fruit Cup	18 Tater Tot Casserole Vegetable Blend Mixed Fruit Cup Yogurt Cup
21 Creamed Chicken over Biscuits Green Beans Peaches Butterscotch Pudding	22 Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Applesauce	23 Sliced Ham Au Gratin Potatoes Peas Pear	24 Closed For Holiday	25 Closed For Holiday
28 Swedish Meatballs Egg Noodles Vegetable Blend Peaches Yogurt	29 Glazed Pork Cut Sweet Potato Peas Mixed Fruit	30 Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup		



Nutrition Notes:

Bread and Milk included in all meals

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