

December 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 Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	2 Turkey Tetrazzini Peas & Carrots Mandarin Oranges Vanilla Pudding
5 Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit	6 Chicken w/ Dijon Sauce Cut Sweet Potato Green Beans Peach's	7 Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce	8 BBQ Pork on Bun Calico Bean Medley Corn Mandarin Oranges	9 Goulash Peas Cottage Cheese Pears
12 Mac & Cheese Sliced Carrots Green Beans Applesauce	13 Baked Tilapia with Glaze Whipped Potatoes Mixed Veggies Pear Fruit Cup	14 Chicken and Noodles Mashed Potatoes Peas Peaches Vanilla Pudding	15 Riblet on a Bun Parsley Baby Potatoes Baked Beans Mixed Fruit Cup	16 Sloppy Joe on Bun Diced Potatoes Mixed Veggies Mandarin Oranges
19 Baked Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	20 Salmon Loaf Parsley Baby Potatoes Creamed Peas Butterscotch Pudding	21 Hamburger on Bun Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole Vanilla Pudding	22 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup	23 Closed For Holiday
26 Closed For Holiday	27 Southwestern Chicken Au gratin Potatoes Green Bean Mandarin Oranges	28 Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce	29 Beef Patty & Sauteed Onions Potatoes O'Brian Diced Beets Peaches	30 Tater Tot Casserole Vegetable Blend Mixed Fruit Cup Yogurt Cup



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