

August 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 Goulash Peas Cottage Cheese Peaches	2 Chicken w/ Dijon Sauce Cut Sweet Potato Green Beans Peach's	3 Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce Birthday Treat	4 BBQ Pork on Bun Calico Bean Medley Corn Mandarin Oranges	5 Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit
8 Mac & Cheese Sliced Carrots Green Beans Applesauce	9 Turkey & Swiss Sandwich Potato Salad Carrot Sticks Pear Fruit Cup	10 Chicken and Noodles Mashed Potatoes Peas Peaches Vanilla Pudding	11 Riblet on a Bun Parsley Baby Potatoes Baked Beans Mixed Fruit Cup	12 Sloppy Joe on Bun Diced Potatoes Mixed Veggies Mandarin Oranges
15 Salmon Loaf Parsley Baby Potatoes Creamed Peas Butterscotch Pudding	16 Enchiladas Corn Mexican Rice Sour cream Mandarin Oranges	17 Hamburger on Bun Tomato/Lettuce/Onion Baked Beans Cheesy Potato Casserole Vanilla Pudding	18 Baked Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	19 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup
22 Beef Pot Roast Whipped Potatoes With gravy Mixed Veggies Pear Fruit Cup	23 Southwestern Chicken Au gratin Potatoes Green Bean Mandarin Oranges	24 Beef Patty & Sautéed Onions Potatoes O'Brian Diced Beets Peaches	25 Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce	26 Tater Tot Casserole Vegetable Blend Mixed Fruit Cup Yogurt Cup
29 Breaded Cod Wild Rice Glazed Baby Carrots Mixed Fruit	30 Chicken Salad Sandwich Cottage Cheese Grapes Chocolate Pudding	31 Sliced Ham Au Gratin Potatoes Peas Pear		



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