

December 2023

Meals on Wheels of Story County Menu

Check your daily lunch menu on the HSS Website at www.heartlandseiorservices.com

A Service of Mary Greeley Medical Center and Heartland Story County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sloppy Joe Diced Potatoes Mixed Veggies Mandarin Oranges
4 Country Fried Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	5 Enchiladas Corn Mexican Rice Sour cream Mandarin Oranges	6 Glazed Pork Cut Sweet Potato Peas Applesauce	7 Hamburger Patty Tomato/Pickle/Onion Baked Beans Cheesy Potato Casserole Peaches	8 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup
11 Southwestern Chicken Au gratin Potatoes Green Bean Mandarin Oranges	12 Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce	13 Beef Patty & Sauteed Onions Potatoes O'Brian Diced Beets Pears	14 Beef Pot Roast Whipped Potatoes With gravy Corn Peaches	15 Tater Tot Casserole Vegetable Blend Mixed Fruit Cup Yogurt Cup
18 BBQ Chicken Potato Salad Corn Mandarin Oranges	19 Sliced Ham Cheesy Potato Casserole Scalloped Corn Applesauce	20 Mac & Cheese Sliced Carrots Green Beans Pears	21 Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Mixed Fruit Cup	22 Creamed Chicken over Biscuits Green Beans Peaches Butterscotch Pudding
25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CHRISTMAS	27 Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	28 Chicken with Mushroom Cream Sauce Wild Rice Corn Applesauce	29 Turkey Tetrzzini Peas & Carrots Mandarin Oranges Vanilla Pudding

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



Nutrition Notes:

Bread and Milk included in all meals