



JUNE 2024

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 Story County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sliced Ham Au Gratin Potatoes Peas Pear	4 BBQ Chicken Potato Salad Corn Mandarin Oranges	5 Mac & Cheese Sliced Carrots Green Beans Applesauce	6 Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Mixed Fruit Cup	7 Creamed Chicken over Biscuits Green Beans Peaches Butterscotch Pudding
10 Glazed Pork Cut Sweet Potato Peas Mixed Fruit	11 Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	12 Swedish Meatballs Egg Noodles Vegetable Blend Peaches Yogurt	13 Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	14 Turkey Tetrzzini Peas & Carrots Mandarin Oranges Vanilla Pudding
17 Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit	18 Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce	19 Chicken w/ Dijon Sauce Cut Sweet Potato Green Beans Peaches	20 BBQ Pork Calico Bean Medley Corn Mandarin Oranges	21 Goulash Peas Cottage Cheese Pears
24 Shepard's Pie Green Beans Pears Chocolate Pudding	25 Riblet Patty Parsley Baby Potatoes Baked Beans Peaches	26 Chicken and Noodles Mashed Potatoes Peas Mixed Fruit Vanilla Pudding	27 Mac & Cheese Sliced Carrots Green Beans Applesauce	28 Sloppy Joe Diced Potatoes Mixed Veggies Mandarin Oranges

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