



# JULY 2024

## Meals on Wheels of Story County Menu

Check your daily lunch menu on the HSS Website at [www.heartlandseniorservices.com](http://www.heartlandseniorservices.com)



A Service of Mary Greeley Medical Center and Heartland Story County

1	Country Fried Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	2	Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup	3	Hamburger Patty Baked Beans Cheesy Potato Casserole Vanilla Pudding	4	Closed For Holiday	5	Closed For Holiday
8	Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce	9	Southwestern Chicken Au gratin Potatoes Green Bean Mandarin Oranges	10	Beef Patty & Sauteed Onions Potatoes O'Brian Diced Beets Peaches	11	Beef Pot Roast Whipped Potatoes With gravy Mixed Veggies Pear Fruit Cup	12	Tater Tot Casserole Vegetable Blend Mixed Fruit Cup Yogurt Cup
15	Café Meatloaf Whipped Potatoes With gravy Mixed Veggies Applesauce	16	Chicken Salad Sandwich Cottage Cheese Grapes Chocolate Pudding	17	BBQ Chicken Potato Salad Corn Mandarin Oranges	18	Sliced Ham Au Gratin Potatoes Peas Pear	19	Creamed Chicken over Biscuits Green Beans Peaches Butterscotch Pudding
22	Swedish Meatballs Egg Noodles Vegetable Blend Peaches Yogurt	23	Glazed Pork Cut Sweet Potato Peas Mixed Fruit	24	Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	25	Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	26	Turkey Tetrazzini Peas & Carrots Mandarin Oranges Vanilla Pudding
29	Goulash Peas Cottage Cheese Peaches	30	Chicken w/ Dijon Sauce Cut Sweet Potato Green Beans Peach's	31	Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce				

**Attention:**  
For ANY meal changes or issues please  
**CALL: 515-357-4573**  
changes please call  
by 8:30 AM the day before delivery.

For Monday meal changes call no later than by Friday

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