



SEPTEMBER 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



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.

Home Delivered
in Story County
Menu is subject to change
without prior notice

Nutrition Notes:

Bread and Milk included
in all meals

2	3	4	5	6
CLOSED FOR HOLIDAY	Glazed Pork Cut Sweet Potato Peas Mixed Fruit	Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	Turkey Tetrazzini Peas & Carrots Mandarin Oranges
9	10	11	12	13
Goulash Peas Cottage Cheese Peaches	Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce	Turkey & Swiss Sandwich Potato Salad Carrot Sticks Pear Fruit Cup	BBQ Pork Calico Bean Medley Corn Mandarin Oranges	Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit
16	17	18	19	20
Mac & Cheese Sliced Carrots Green Beans Applesauce	Riblet Patty Parsley Baby Potatoes Baked Beans Mixed Fruit Cup	Chicken and Noodles Mashed Potatoes Peas Peaches	Chicken w/ Dijon Sauce Cut Sweet Potato Green Beans Pears	Sloppy Joe Diced Potatoes Mixed Veggies Mandarin Oranges
23	23	25	26	27
Country Fried Chicken Mashed Potatoes W/gravy Green Beans Mixed Fruit	Hamburger Patty Baked Beans Cheesy Potato Casserole Apple Sauce	Ham & Cheddar Sandwich Cottage Cheese Three Bean Salad Mandarin Oranges	Glazed Pork Cut Sweet Potato Peas Peaches	Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup
30				
Ham Loaf with Glaze Baked Beans Sliced Carrots Applesauce				