



October 2024

Meals on Wheels of Story County Menu

Daily lunch menu on the HSS Website at www.heartlandseniorservices.com
 Service of Mary Greeley Medical Center and Heartland Story County



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

	1	2	3	4
	Beef Patty & Sauteed Onions Potatoes O'Brian Diced Beets Pears	Pasta with Meat Sauce Green Bean Mandarin Oranges	Beef Pot Roast Whipped Potatoes With gravy Corn Peaches	Tater Tot Casserole Vegetable Blend Mixed Fruit Cup
7	8	9	10	11
BBQ Chicken Potato Salad Corn Mandarin Oranges	Ham and Au Gratin Potatoes Peas Pear	Mac & Cheese Green Beans & Carrots Applesauce	Café Meatloaf Whipped Potatoes With gravy Green Beans Mixed Fruit Cup	Biscuits & Gravy Breakfast Potatoes Mixed Veggies Peaches
14	15	16	17	18
Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	Glazed Pork Cut Sweet Potato Peas Mixed Fruit	Swedish Meatballs Egg Noodles Vegetable Blend Peaches	Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	Turkey Tetrazzini Peas & Carrots Mandarin Oranges
21	22	23	24	25
Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit	Breakfast Casserole Potatoes O'Brian Green Beans Peaches	Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce	BBQ Pork Calico Bean Medley Corn Mandarin Oranges	Goulash Peas Cottage Cheese Pears
28	29	30	31	
Mac & Cheese Sliced Carrots Green Beans Applesauce	Riblet Patty Parsley Baby Potatoes Baked Beans Peaches	Shepard's Pie Green Beans Pears Chocolate Pudding	Chicken and Noodles Mashed Potatoes Peas Mixed Fruit	