

# December 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

**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.

Meals on Wheels of  
Story County  
Menu is subject to change  
without prior notice

**Nutrition Notes:**

Bread and Milk included  
in all meals

2	Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit	3	Breakfast Casserole Potatoes O'Brian Peaches	4	Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce	5	BBQ Pork Calico Bean Medley Corn Mandarin Oranges	6	Goulash Peas Cottage Cheese Pears
9	Mac & Cheese Sliced Carrots Green Beans Applesauce	10	Riblet Patty Parsley Baby Potatoes Baked Beans Peaches	11	Shepard's Pie Green Beans Pears Chocolate Pudding	12	Chicken and Noodles Mashed Potatoes Peas Mixed Fruit	13	Sloppy Joe Diced Potatoes Mixed Veggies Mandarin Oranges
16	Glazed Pork Cut Sweet Potato Peas Peaches	17	Enchiladas Corn Mexican Rice Sour cream Mandarin Oranges	18	Hamburger Patty Baked Beans Cheesy Potato Casserole Applesauce	19	Country Fried Chicken Mashed Potatoes with gravy Green Beans Mixed Fruit	20	Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup
23	Pasta with Meat Sauce Green Bean Mandarin Oranges	24	CLOSED FOR Holiday	25	CLOSED FOR Holiday	26	Beef Patty & Sauteed Onions Potatoes O'Brian Diced Beets Pears	27	Tater Tot Casserole Vegetable Blend Mixed Fruit Cup
30	Ham and Au Gratin Potatoes Peas Pear	31	Mac & Cheese Sliced Carrots Green Beans Applesauce						

