

January 2025

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 then 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

		1 CLOSED FOR Holiday	2 Mac & Cheese Sliced Carrots Green Beans Applesauce	3 Biscuits & Gravy Breakfast Potatoes Eggs Peaches
6 Salisbury Steak Whipped Potatoes Green Beans Pear Fruit Cup	7 Glazed Pork Cut Sweet Potato Peas Mixed Fruit	8 Swedish Meatballs Egg Noodles Vegetable Blend Peaches	9 Chicken with Mushroom Cream Sauce Wild Rice Corn Apple Sauce	10 Turkey Tetrazzini Peas & Carrots Mandarin Oranges
13 Lasagna Roll-up With Meat Sauce Vegetable Blend Mixed Fruit	14 Breakfast Casserole Potatoes O'Brian Peaches	15 Sliced Turkey Whipped Potatoes With gravy Mixed Veggies Applesauce	16 BBQ Pork Calico Bean Medley Corn Mandarin Oranges	17 Goulash Peas Cottage Cheese Pears
20 Mac & Cheese Sliced Carrots Green Beans Applesauce	21 Riblet Patty Parsley Baby Potatoes Baked Beans Peaches	22 Shepard's Pie Green Beans Pears Chocolate Pudding	23 Chicken and Noodles Mashed Potatoes Peas Mixed Fruit	24 Sloppy Joe Diced Potatoes Mixed Veggies Mandarin Oranges
27 Glazed Pork Cut Sweet Potato Peas Peaches	28 Enchiladas Corn Mexican Rice Sour cream Mandarin Oranges	29 Hamburger Patty Baked Beans Cheesy Potato Casserole Applesauce	30 Country Fried Chicken Mashed Potatoes with gravy Green Beans Mixed Fruit	31 Beef Stroganoff Mashed Potatoes Peas & Carrots Pear Fruit Cup

