**Senior Dining Menu – Washburn & The South Shore March 2025**

**Meal Reservation Line – (715) 373-3396**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **3** | **4** | **5** | **6** | **7** |
| **Sweet & Sour Chicken** Brown RiceSteamed BroccoliBananaDessert | **Chicken Cordon Bleu**Rice PilafMix VeggiesLettuce SaladPeaches | **Bake Pork Chop**Au Gratin PotatoEdamame SaladOrangesWhole Wheat Butter Bread | **Fish Sandwich** Brussel SproutsRoasted PotatoesPearsWhole Wheat Bread | **NO MEAL** |
| **10** | **11** | **12** | **13** | **14** |
| **Chicken Stuffing Casserole**Lettuce SaladPeachesDessertWhole Wheat Butter Bread | **Meat Loaf**Glazed CarrotsMash Potatoes and GravyPearsWhole Wheat Butter BreadCake | **Salisbury Steak** Mash Potatoes and GravyCorn PeachesLettuce SaladWhole Wheat Buttered Bread | **Teriyaki Chicken**Brown RiceStir Fry VeggiesPineappleEgg Roll | **NO MEAL** |
| **17** | **18** | **19** | **20** | **21** |
| **Tuna Casserole**CarrotsLettuce SaladDessert with FruitWhole Wheat Butter Bread | **Swedish Meatballs** Egg NoodlesCarrotsOranges Lettuce SaladWhole Wheat Butter Bread | **Chicken Cacciatore** Spinach GnocchiGreen BeansPeachesWhole Wheat Butter BreadCake | **Broiled Fish** Lemon Garlic SauceColeslawRoasted PotatoesApplesauce CakeWhole Wheat Butter Bread | **NO MEAL** |
| **24** | **25** | **26** | **27** | **28** |
| **Cheeseburger** Lettuce, Tomato Onion Brussels SproutsJello w/Fruit Cocktail3 Bean SaladWhole Wheat Bun | **Chicken Tetrazzini**Green BeansMandarin OrangesDessertWhole Wheat Butter Bread | **Brat Patty**Baked BeansAu Gratin PotatoApple CrispWhole Wheat Bun | **Broccoli Cheese Soup**Egg Salad on CroissantMandarin Oranges | **NO MEAL** |
| **31** | Pot Gold End Rainbow Photos, Images & Pictures | Shutterstock | Shamrocks | Printable Clip Art and Images |
| **Buttermilk Biscuit** Sausage GravyAmerican FriesYogurt Fresh BerriesFruit Juice |

**NOTE: Menus are subject to change without notice.**

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| **Word Search: Superfoods**Created by: Kim White Steele for Puzzles to Print (©2022) |
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| **P** | **N** | **A** | **E** | **B** | **K** | **C** | **A** | **L** | **B** | **T** | **A** | **I** | **L** | **E** | **N** | **V** | **P** | **T** | **N** | **R** |
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| AlmondAppleArtichokeAsparagusAvocadoBeet | Black BeanBroccoliBrown RiceBrussels SproutCabbageCantaloupe | Chia SeedCranberryEdamameFlax SeedGoji BerryGrapefruit | Green TeaKaleKelpQuinoaRaspberry | SalmonSpinachTomatoWatermelon |

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| **March 2025 TOPIC: Common Health Scams**Article courtesy of FTC Consumer Advice **Part 3 of 4-part series** |
| Medicare Fraudsters Now Tap Telemedicine In Medical Equipment Scams - KFF  Health News | **Did you know….****The first four months of this new year, we are continuing a series of articles addressing health and nutrition scams that are common in the United States. Last month, we talked about some ways companies scam people in the areas of memory loss, anti-aging products and arthritis. This month, we will talk about common scams related to cancer, chronic pain and diabetes.**  |
| **Cancer**If you or someone you love has cancer, you may be tempted to try supposed cancer-fighting products — like pills, powders, and herbs — that you’ve seen advertised or heard about from family and friends. Maybe you’ve even heard about some foreign clinics offering treatments that aren’t available in the U.S. Whether you’re looking in the U.S. or abroad, know this:* **No single device, remedy, or treatment can treat all types of cancer.** All cancers are different and no single treatment works for everybody, or for every cancer. Even two people with the same diagnosis may need different treatments.
* **Scammers promote unproven — and potentially dangerous — substances** like teas, salves, and pills containing ingredients that can be toxic. Don’t use them.
* **If you or someone you know has cancer and is interested in experimental treatments, talk with your doctor about joining a clinical study**. Know that taking part in a clinical trial can have both benefits and risks.

For more information about cancer treatments, visit the American Cancer Society or call the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER (1-800-422-6237). To get free publications on cancer research and treatment, or to learn about clinical trials, visit cancer.gov. Decide on treatments with your doctor, who knows the science and your treatment needs. |

**March 2025 TOPIC: Common Health Scams**

Article courtesy of FTC Consumer Advice **Part 3 of 4-part series**

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| **Chronic Pain**Chronic pain has many causes, including injuries, illness, and prolonged physical or emotional stress. Some companies market products and devices by claiming they treat chronic pain throughout the body, but without the scientific evidence to back up their claims. Some also claim they’re clinically proven and cleared by the FDA, but they’re not (or they don’t work as advertised, anyway). If you or someone you know has chronic pain and is thinking about using a product or device to treat it, here are some things to do:* **Do some research and ask your doctor** if a product or treatment you’re considering will work for you.
* **If you get a robocall offering treatment for chronic pain, hang up**. Scammers often call to ask about any chronic pain you may be struggling with and then offer to solve your problem, all to get you to hand over money or your personal information. Don’t do it.
* **Check out treatment options for chronic pain** and look at the evidence and results of studies at the National Institutes of Health’s (NIH) National Center of Complementary and Integrative Health.

**Diabetes**Like many chronic diseases, diabetes requires individualized treatment by a physician. There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can help. Taking medicine as needed, getting diabetes self-management education and support, and keeping health care appointments can also help lessen the impact of diabetes on your life. If you or someone you know is thinking about using a nonprescription product to treat diabetes:* **Remember that supplements can be dangerous** — especially if they cause you to delay or stop effective, proven treatments for diabetes.
* **Talk with your health care provider first**. If you’re tempted to use a nonprescription product to treat diabetes, high blood sugar, or any other serious health condition, talk with your health care provider before you act.

 *For more information about diabetes treatments, visit The Centers for Disease Control and Prevention and The American* *Diabetes Association.* |
| Source: <https://consumer.ftc.gov/articles/common-health-scams> |

**March 2025 Vegetables: Spinach**

Author:[**https://www.skinnykitchen.com/recipes/eat-your-spinach-that-is-garlic-sauteed-spinach/#recipe**](https://www.skinnykitchen.com/recipes/eat-your-spinach-that-is-garlic-sauteed-spinach/#recipe)

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| **Super Healthy, Garlic Sautéed Spinach** |
| A delicious, quick and easy go-to recipe, a delicious side dish or addition to pastas, eggs, grain bowls, and more. |
| **Ingredients**2 teaspoons olive oil1 tablespoon garlic, minced (about 3 cloves)1 (12 oz.) bag baby spinach leaves¼ teaspoon salt, or to tasteFresh ground pepper, to tasteFresh lemon |  | Sauteed spinach |
| **Instructions**1. In a large, deep, nonstick pan or pot, heat olive oil.
2. Add garlic and sauté for 1 minute.
3. Add all spinach salt, pepper and toss with garlic and olive oil.
4. Cover pan and cook on low for about 1 minute.
5. Uncover pan, turn the heat on high and cook spinach for another minute or two, stirring with a wooden spoon until all the spinach is wilted.
6. Using a slotted spoon, lift the spinach into a serving dish or bowl and squeeze with a little fresh lemon juice all over the spinach.

***Serve hot.*** |
| Serving: 3 ounces = 41 calories, 4 g carbohydrates, 2g protein, and 3g fat |

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| Home - Food Friends**MENU****MARCH****2025** |
| **SENIOR DINING**More than a meal! |

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**Meal Site Location Information To reserve your meal, call** **715-373-3396**

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| **Barnes Town Hall**3360 County Hwy. NBarnes, WI 54873 | Meal Days: ThursdaysReservation required? Yes**Call by 9:00 a.m. the day before**. | Site Opens: 11:30 a.m.Meal Served: 12:00 noon |
| **Bell Town Hall**22620 Ash StreetCornucopia, WI 54827 | Meal Days: TuesdaysReservation required? Yes**Call by Monday at 8:30 a.m.** | Site Opens: 11:30 a.m.Meal Served: 12:00 noon |
| **Cable United Church of Christ**13445 County Hwy. MCable, WI 54821 | Meal Days: 1st & 3rd Mondays of the monthReservation required? Yes**Call by Thursday at 12:00 noon** | Site Opens: 12:00 noonMeal Served: 12:30 p.m. |
| **Iron River Community Center**8275 E. Mill StreetIron River, WI 54847 | Meal Days: 2nd & 4th Thurs. of the monthReservation required? Yes**Call by Monday at noon** | Site Opens: 11:30 a.m.Meal Served: 12:00 noon |
| **First Lutheran Church**83105 Washington AvenuePort Wing, WI 54865 | Meal Days: WednesdaysReservation required? Yes**Call by Tuesday at 8:30 a.m.** | Site Opens: 11:30 a.m.Meal Served: 12:00 noon |
| **Time Out Restaurant**4 Bayfield StreetWashburn, WI 54891 | Meal Days: WednesdaysReservation required? No***\*Please be respectful of the restaurant and do not arrive earlier than 1:00 p.m.*** | Seating Opens: **1:00 PM\***Meal Served: 1:30 – 2:00 p.m.Site Closes: 3:00 p.m. |
| **St. Louis School**713 Washington AvenueWashburn, WI 54891 | Meal Days: FridaysReservation required? Yes**Call by 3:00 p.m. Wednesday** | Site Opens: 11:30 a.m.Meal Served: 12:00 noon |

Be sure to include your name, phone number, meal site location and date you are making the reservation, and how many people you are making reservations for.

Suggested contribution amount is $3.00 - $5.00 per meal. All contributions are used to fund the program.