

Home Delivered Dining Menu – Greater Bayfield County

July 2024

Meal Reservation Line – (715) 373-3396

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Macaroni Tomato Casserole Steamed Broccoli Canned Pears	2 Bratwurst on a Bun Sauerkraut Diced Onions Steamed Peas Fresh Fruit Ketchup, Mustard Sweet Pickle Relish	3 BBQ Chicken Baked Beans Mixed Vegetables Cornbread Strawberry Rhubarb Crisp	4 NO MEAL	5 NO MEAL
8 Italian Meatball Marinara over Penne Pasta Italian Vegetables Fresh Fruit	9 Beef Chili Cornbread Peas & Carrots Fresh Fruit	10 Rotisserie Chicken & Chicken Gravy Roasted Herb Potatoes Steamed Broccoli Fresh Fruit Dinner Roll	11 Turkey Meatloaf Mashed Potatoes & Gravy Steamed Beets Fresh Fruit Wheat Roll	12 NO MEAL
15 Turkey Tetrazzini Steamed Peas Fresh Fruit	16 Lentil & Spinach Soup Tuna Salad Whole Wheat Bread Steamed Carrots Fresh Fruit	17 Roast Pork Loin Pork Gravy Baked Beans Country Coleslaw Applesauce Whole Wheat Bread	18 Spaghetti & Meat Sauce Italian Vegetables Cantaloupe	19 NO MEAL
22 Chicken Chop Suey Brown Rice Asian Blend Vegetables Fresh Fruit	23 Chili Mac Steamed Broccoli Fresh Fruit	24 Lemon Baked Chicken Mashed Potato & Gravy Steamed Carrots Canned Peaches Dinner Roll	25 Garlic Herb Pork Loin Pork Gravy Baked Potatoes Coleslaw Three Bean Salad Chocolate Cake Sour Cream	26 NO MEAL
29 Pork Roast Pork Gravy Black Beans with Rice Steamed Carrots Applesauce	30 Broccoli Cheese Soup California Blend Vegetables Fresh Fruit Egg Salad Lettuce Leaf Whole Wheat Bread	31 Chicken & Vegetable Fajita Refried Beans Fresh Fruit		

NOTE: Menus are subject to change without notice.

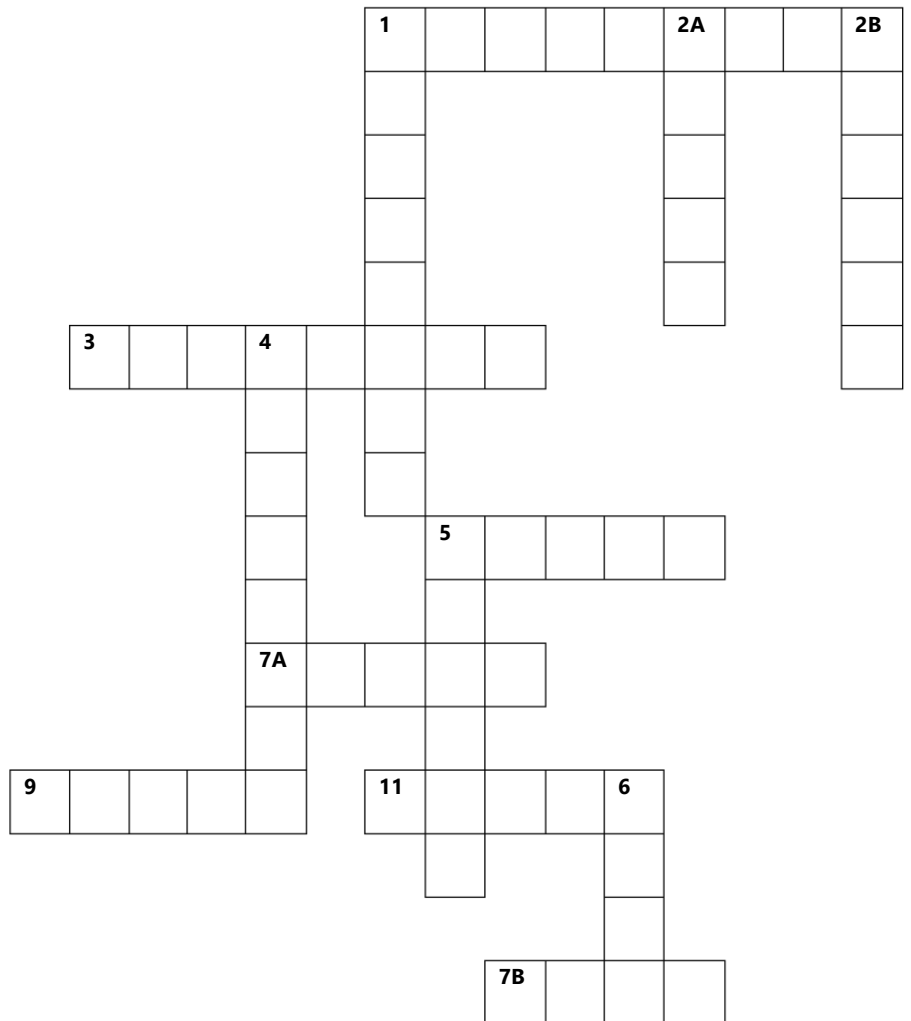
Cucumber & Zucchini Crossword Puzzle

Across

- Zucchini contains more _____ than bananas.
- Contains 6% of the daily recommended fiber intake.
- Cucumbers are considered a _____.
- Cucumbers can cool the (7A) and (7B) which gave rise to the phrase "cool as a cucumber"
- Cucumbers and zucchini are high in water & _____.
- The part of cucumber that contains the most nutrients.

Down

- Cucumbers can be used in a variety of ways, including _____.
- The most flavorful zucchinis are (2A) to (2B) sized.
- This is often called a summer squash and is composed of 95% water.
- The _____ of a zucchini plant is also edible.
- A cucumbers flavor comes from it's _____.



July 2024

Article and recipe courtesy of GWAAR Nutrition Team
Author: GWAAR Nutrition Team by Emma Jones

EAT WELL, AGE WELL
Cucumbers and Zucchini

Grilled Zucchini

Ingredients For the pork chops

- 1 small zucchini, ends cut off, then cut into quarters
- 1 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp Italian seasoning
- 1 tsp minced garlic
- 2 tbsp fresh parsley leaves chopped

Instructions

- Place olive oil, lemon juice, salt, pepper, Italian seasoning, and minced garlic in a large bowl. Whisk ingredients together.
- Add zucchini to the bowl and coat with mixture. Cover and refrigerate for 30 – 40 minutes.
- Preheat the grill to medium-high heat
- Add zucchini to the grill in a single layer.
- Cook for 3-4 minutes per side or until tender.
- Remove zucchini from the grill and place on a serving plate. Sprinkle with parsley and serve.

Notes

Cooking with larger pieces of zucchini helps to prevent it from getting mushy. You can use an outdoor grill or indoor grill pan



Recipe adapted from: <https://www.dionnerathezoo.com/grilled-zucchini/>

Check out more recipes at: <https://foodhero.org/healthy-recipes-search>

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EAT WELL, AGE WELL

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Cucumber and Zucchini

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Did you know....

❖ **A cucumber's flavor comes from the seed.**

❖ **A zucchini contains more potassium than a banana.**

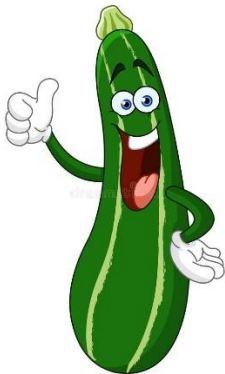
Cucumbers, a summer squash, are rich in essential vitamins and minerals such as potassium, folate, and vitamins K and C. They are composed of approximately 95% water, contributing to hydration, and aiding in the prevention of constipation and irregular bowel movements. To increase nutrient intake, it is recommended to consume cucumbers with their peel intact.

- o Storage: Rinse with water, pat dry, place in a bag, and refrigerate for about one week.
- o Preparation: Once harvested, they can be used in many ways such as pickling, in snacks and salads, or as a garnish, all of which are easy to prepare.

Zucchini, a type of summer squash that belongs to the same plant family as melons and cucumbers, is rich in both water and fiber. A single cup of baked zucchini contains approximately 6% of the daily recommended fiber intake. The fiber content in zucchini, like cucumbers, aids in alleviating constipation, lowering cholesterol levels, supporting bowel health, and regulating blood sugar levels.

- o Storage: Zucchini should be stored in a ventilated bag without being washed, as it thrives in dry conditions and can last up to two weeks.
- o Preparation: Zucchini can be prepared using various methods, such as sauteing in a skillet for a quick and delicious dish, baking in an oven, grilling, or smoking for a rich and smoky flavor.

Zucchini Word Search



Words:

- BAKED
- BREAD
- CALCIUM
- DRIED
- FLOWER
- GARDEN
- GREEN
- IRON
- LEAVES
- MARKET
- MUFFIN
- RAW
- SHINY
- SOUP
- SQUASH
- STEW
- STIR FRY
- SUMMER
- TENDER
- THIN
- VITAMINS

G	H	L	S	K	B	D	B	S	F
I	G	O	W	R	K	J	K	T	B
C	U	A	E	E	N	W	E	I	A
P	C	A	R	I	T	G	R	R	K
S	D	A	F	D	M	S	E	F	E
N	U	F	L	A	E	H	W	R	D
I	U	M	R	C	S	N	O	Y	P
M	K	K	M	A	I	H	L	F	T
A	E	Y	U	E	D	U	F	R	N
T	L	Q	N	E	R	U	M	E	T
I	S	E	I	I	S	G	E	X	H
V	L	R	A	N	H	R	I	J	I
D	D	S	O	V	G	S	G	A	N
G	M	R	O	T	E	N	D	E	R
R	I	W	A	R	K	S	M	A	I

2024

JULY

MENU



More than a meal!

SENIOR DINING



Meal Site Location Information

To reserve your meal, call 715-373-3396

Barnes Town Hall 3360 County Hwy. N Barnes, WI 54873	Meal Days: Thursdays Reservation 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 Street Cornucopia, WI 54827	Meal Days: Tuesdays Reservation 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. M Cable, WI 54821	Meal Days: 1 st & 3 rd Mondays of the month Reservation required? Yes Call by Thursday at 12:00 noon	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
Iron River Community Center 8275 E. Mill Street Iron River, WI 54847	Meal Days: 2 nd & 4 th Thurs. of the month Reservation required? Yes Call by Monday at noon	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
First Lutheran Church 83105 Washington Avenue Port Wing, WI 54865	Meal Days: Wednesdays Reservation 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 Street Washburn, WI 54891	Meal Days: Wednesdays Reservation required? No <i>*Please be respectful of the restaurant and do not arrive earlier than 1:00 p.m.</i>	Seating Opens: 1:00 PM* Meal Served: 1:30 – 2:00 p.m. Site Closes: 3:00 p.m.
St. Louis School 713 Washington Avenue Washburn, WI 54891	Meal Days: Fridays Reservation 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.