

# Home Delivered Dining Menu - Greater Bayfield County

August 2024

Meal Reservation Line – (715) 373-3396

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Sausage Pizza Bake</b> Italian Vegetables Fruit Fluff Salad	2  <b>NO MEAL</b>
5  <b>Beef Burrito</b> Refried Beans Shredded Cheese Shredded Romaine Mild Picante Salsa Canned Pears	6  <b>Beef Chili</b> Mixed Vegetables Fresh Fruit Cornbread Butter	7  <b>Garlic Herb Pork Loin</b> Mashed Potatoes Pork Gravy Fresh Fruit Dinner Roll & Butter	8  <b>BBQ Chicken</b> Potato Wedges Steamed Carrots Fresh Fruit WW Butter Bread	9  <b>NO MEAL</b>
12  <b>Sloppy Joe on a Bun</b> Mashe Potatoes Brown Gravy California Blend Vegetables Fresh Fruit	13  <b>Turkey Sandwich Split Pea Soup</b> Lettuce, Tomato Cheddar Cheese Fresh Fruit	14  <b>Garlic Herb Chicken</b> Mashed Potatoes Steamed Broccoli Chicken Gravy Fresh Fruit Cornbread	15  <b>Brown Sugar Glazed Ham</b> Mixed Vegetable Blend Baked Beans Blueberry Buckle	16  <b>NO MEAL</b>
19  <b>Garlic Herb Pork Loin</b> Red Beans & Rice Brown Gravy Steamed Carrots Canned Pears	20  <b>Egg Salad Sandwich Vegetable Soup</b> Lettuce Sliced Tomato Fresh Fruit	21  <b>Seasoned Grilled Chicken</b> Mashed Potatoes Whole Green Beans Pineapple WW Butter Bread	22  <b>Beef Stew</b> Steamed Broccoli Canned Peaches Biscuit Butter	23  <b>NO MEAL</b>
26  <b>Salisbury Steak</b> Mashed Potatoes Brown Gravy Italian Vegetables Fresh Fruit WW Butter Bread	27  <b>Santa Fe Chicken &amp; Bean Soup</b> Roasted Tomatoes Fresh Fruit WW Butter Bread	28  <b>Kielbasa Sausage on a Bun</b> Sauerkraut Steamed Carrots Fresh Fruit	29  <b>Rotisserie Chicken</b> Mashed Potatoes Chicken Gravy Steamed Broccoli Fresh Fruit Dinner Roll	30  <b>NO MEAL</b>

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

# Types of Chili Pepper

- MEDUSA
- FATALII
- SERRANO
- ROCOTO
- PEPPERONCINI
- FRESNO
- CAYENNE
- HABANERO
- TABASCO
- SCOTCH BONNET
- POBLANO
- SHISHITO

O	T	C	R	P	I	P	H	P	E	N	E	S	E
N	S	T	R	T	O	E	T	E	N	C	N	B	F
T	E	H	O	S	R	P	E	N	S	U	S	N	A
A	R	S	N	M	E	P	N	R	R	A	H	S	T
B	R	O	A	E	N	E	N	E	F	L	I	E	A
A	A	T	L	D	A	R	O	O	M	A	S	H	L
S	N	O	B	U	B	O	B	T	A	E	H	O	I
C	O	C	O	S	A	N	H	H	O	E	I	N	I
O	E	E	P	A	H	C	C	H	O	C	T	S	E
I	P	A	A	A	N	I	T	O	E	O	O	E	Y
D	O	S	C	H	D	N	O	T	B	L	A	R	E
H	H	I	A	O	H	I	C	A	O	N	I	F	H
O	B	E	O	E	O	S	P	O	C	A	N	C	
C	A	Y	E	N	N	E	N	S	S	R	E	D	A

August 2024

Article and recipe courtesy of GWAR Nutrition Team  
 Author: Emma Jones

EAT WELL, AGE WELL  
 Peppers & Tomatoes

## Pico de Gallo

### Ingredients

- 2 large tomatoes, diced
- ¼ onion, minced
- 1 serrano pepper, remove seeds and mince
- ¼ cup cilantro, chopped
- 2 tbsp lime juice
- ¼ tsp salt

### Instructions

1. Wash hands with soap and water.
2. In a large bowl, combine all ingredients.
3. Serve immediately.
4. Store leftovers in the refrigerator within 2 hours of preparing.

### Notes

- If you're out of serrano peppers, jalapeno pepper or any other hot pepper may be a great substitute.
- The leaves and stems of cilantro can be chopped to add more flavor to the dish.
- Pico de Gallo can be added to rice or quinoa, eggs, soup, salad, pizza, and baked potatoes.

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





# 2024 AUGUST MENU



More than a meal!

## SENIOR DINING



### Meal Site Location Information

To reserve your meal, call 715-373-3396

<b>Barnes Town Hall</b> 3360 County Hwy. N Barnes, WI 54873	Meal Days: Thursdays Reservation required? Yes <b>Call by 9:00 a.m. the day before.</b>	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
<b>Bell Town Hall</b> 22620 Ash Street Cornucopia, WI 54827	Meal Days: Tuesdays Reservation required? Yes <b>Call by Monday at 8:30 a.m.</b>	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
<b>Cable United Church of Christ</b> 13445 County Hwy. M Cable, WI 54821	Meal Days: 1 <sup>st</sup> & 3 <sup>rd</sup> Mondays of the month Reservation required? Yes <b>Call by Thursday at 12:00 noon</b>	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
<b>Iron River Community Center</b> 8275 E. Mill Street Iron River, WI 54847	Meal Days: 2 <sup>nd</sup> & 4 <sup>th</sup> Thurs. of the month Reservation required? Yes <b>Call by Monday at noon</b>	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
<b>First Lutheran Church</b> 83105 Washington Avenue Port Wing, WI 54865	Meal Days: Wednesdays Reservation required? Yes <b>Call by Tuesday at 8:30 a.m.</b>	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
<b>Time Out Restaurant</b> 4 Bayfield Street Washburn, WI 54891	Meal Days: Wednesdays Reservation required? No  <b><i>*Please be respectful of the restaurant and do not arrive earlier than 1:00 p.m.</i></b>	Seating Opens: <b>1:00 PM*</b> Meal Served: 1:30 – 2:00 p.m. Site Closes: 3:00 p.m.
<b>St. Louis School</b> 713 Washington Avenue Washburn, WI 54891	Meal Days: Fridays Reservation required? Yes <b>Call by 3:00 p.m. Wednesday</b>	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.