## Home Delivered Dining Menu - Greater Bayfield County August 2024

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

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

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

## Types of Chili Pepper

OTIHSIHS POBLANO SCOTCH BONNET **ODSABAT** HABANERO CAYENNE **LKESNO DEPPERONCINI** ОТОООЯ SERRANO IIJATA3 **WEDUSA** 

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Peppers & Tomatoes **EAT WELL, AGE WELL**  Author: Emma Jones

### Pico de Gallo



- Ingredients 2 large tomatoes, diced
- beanim ,noino ¼¹ •
- 1 serrano pepper, remove seeds and mince
- L tbsp lime juice • 1/4 cup cilantro, chopped

Article and recipe courtesy of GWAAR Mutrition Team

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**Notes** 

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- 1. Wash hands with soap and water. Instructions
- 3. Serve immediately. 2. In a large bowl, combine all ingredients.
- 4. Store leftovers in the refrigerator within 2 hours of preparing
- o If you're out of serrano peppers, Jalapeno pepper or any other hot pepper may be a great
- $\circ$  The leaves and stems of cilantro can be chopped to add more flavor to the dish. substitute.
- 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

#### August 2024

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

**EAT WELL, AGE WELL Peppers & Tomatoes** 



#### Did you know....

- ❖ Red bell peppers are the sweetest because they've had the most time to ripen.
- Tomatoes aren't always red; they can be yellow, pink, purple, green, black and white.

Peppers come in a variety of colors, shapes, sizes, and flavors. Bell peppers (yellow, green, orange, red, and even purple) are great additions to salads, soups, and pasta dishes. Hot peppers (jalapeños, serranos, and habaneros) provide extra spice and heat to dishes. They contain varying amounts of capsaicinoids (phytochemicals) which are responsible for the spiciness in hot peppers. Peppers are rich in potassium and vitamins A, C, and K.

- o Storage: Peppers should be kept in a plastic bag inside the vegetable drawer of a refrigerator. Don't wash them before placing them in the refrigerator. They may also be canned, frozen, or pickled.
- o Preparation: Bell peppers may be steamed, grilled, stuffed, roasted, air-fried, or eaten raw. Hot peppers can be roasted, grilled, stuffed, or eaten raw.

#### Always use caution with handling hot peppers to avoid skin, mouth, and eye irritation.

Tomatoes are a major source of lycopene, an antioxidant that has been correlated with improved health outcomes including reduced heart disease and cancer. Although they are generally eaten and prepared with vegetables, tomatoes are technically a fruit.

- o Storage: For more freshness, store stem-side down on paper towels in an open container. Ripe tomatoes can last a few days.
- o Preparation: Can roast, grill, pan-fry, and stew tomatoes.

#### **Tomato Word Scramble**

How many words can you i	make us	sing the le	etters TO	MATO?		
Clue: there are at least 28, two	to five le	tter words!	Can you I	ist them?)		
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# MENU AUGUST



More than a meal!

## **SENIOB DINING**



#### **Meal Site Location Information**

#### To reserve your meal, call 715-373-3396

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

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.