

Senior Dining Menu – Greater Bayfield County

December 2024

Meal Reservation Line – (715) 373-3396

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Italian Meatballs Penne Pasta Italian Blend Vegetables Fresh Fruit	3 Tuna Noodle Casserole Steamed Carrots Three Bean Salad Fresh Fruit	4 French Toast Casserole Crispy Hashbrowns Pineapple Tidbits	5 Herb Roasted Chicken Breast Chicken Gravy Roasted Herb Potatoes Steamed Broccoli Canned Peaches Whole Wheat Bread	6 NO MEAL
9 Chef Salad with Ham Shredded Cheese Ranch Dressing Canned Peaches Dinner Roll	10 Tater Tot Hot Dish California Blend Veggies Steamed Beets Whole Wheat Bread	11 Baked Chicken w/ Thyme Sauce Mashed Potatoes Steamed Broccoli Fresh Fruit Whole Wheat Bread	12 Pork Roast Pork Gravy Garlic Roasted Potatoes Steamed Carrots Peach Cobbler	13 NO MEAL
16 Chicken Chop Suey Brown Rice Asian Blend Vegetables Fresh Fruit	17 Turkey Chili Green Beans Sweet Cornbread Mandarin Orange	18 Garlic Herb Pork Loin Pork Gravy Baked Potatoes Steamed Broccoli Applesauce Dinner Roll	19 Chicken Cordon Bleu Herbed Rice Pilaf Steamed Green Beans Fresh Fruit Pumpkin Cheesecake Bar	20 NO MEAL
23 Lemon Baked Chicken Chicken Gravy Baked Beans Steamed Carrots Fruit Cocktail Dinner Roll	24 HOLIDAY No meals this day	25 HOLIDAY No meals this day	26 Beef Macaroni Casserole Pineapple Romaine Lettuce Cucumber Tomato Wedges Ranch Dressing Carrot Cake	27 NO MEAL
30 Garlic Herb Pork Loin Pork Gravy Thyme Roasted Potatoes Steamed Broccoli Applesauce Whole Wheat Bread	31 HOLIDAY No meals this day	January 1, 2025 HOLIDAY No meals this day		

NOTE: Menus are subject to change without notice.

Did you know....



- While cranberries are native to North America, they got their name from Dutch and German settlers who called them "crane berry" since the flowers on cranberry vines resemble the head of a crane.
- Cranberries are approximately 90% water, and have small pockets of air that allow them to float.
- WI has been the number one cranberry producer in the U.S. for over twenty years and produces half of the world's cranberries.

The American cranberry (*Vaccinium macrocarpon*) is one of the few commonly sold fruits that are native to North America. Native Americans first used them for food, fabric dye, and medicine. Sailors used to eat them to prevent scurvy while at sea. Today they grow on about 30 acres in the U.S. each year.

People call cranberries a superfood for a reason. They have all kinds of health-boosting benefits. Cranberries are packed with antioxidants and have several health benefits. If possible, eat them fresh to avoid the added sugars found in dried fruits and juices. When cranberries are dried, they lose most of their vitamins, but they hold on to other nutrients such as potassium and calcium. The antioxidants in cranberries are anti-inflammatory powerhouse. Keeping inflammation levels low can help prevent chronic diseases such as cancer and diabetes. Don't eat cranberries if you take blood thinners, get frequent kidney stones, or are allergic to aspirin.

The healthiest way to enjoy cranberries is to eat them fresh. Raw cranberries take about 16 months to fully mature and are gathered in early fall. When you're at the grocery store, look for berries that are dark red, plump, and firm. Don't buy any that are wrinkled or bruised. Rinse them before eating.

You can refrigerate fresh cranberries for up to 3 months. You also can freeze them, either whole or sliced, in an airtight container. When stored this way, frozen cranberries can last up to a year. Keep dried cranberries in a cool, dark place. They'll stay good for about a year.

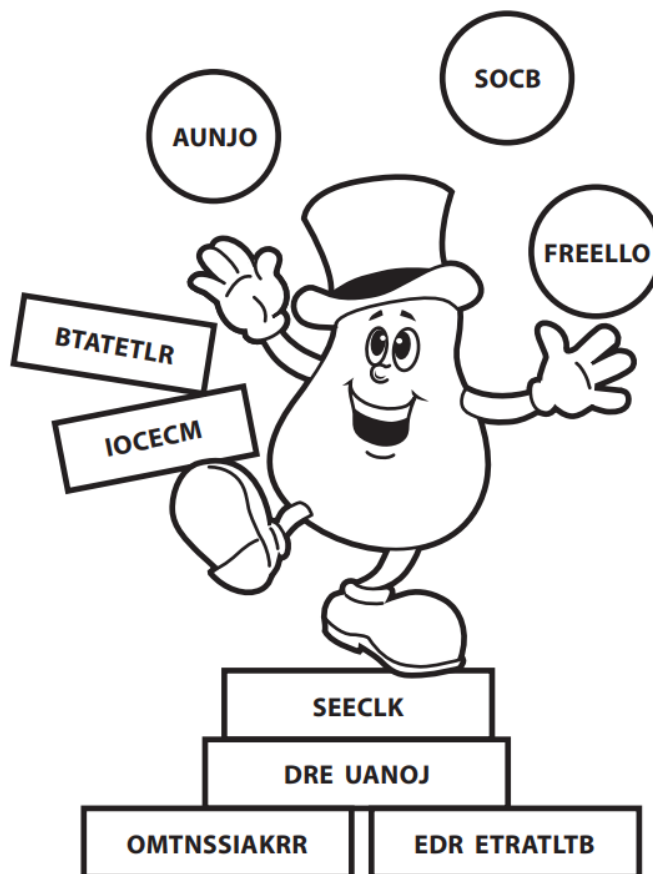
PEAR MIX and MATCH

www.usapears.org

Fiber	A. The outer skin which contains much of a pear's nutrients.
Vitamin C	B. A simple sugar that naturally occurs in fruits.
Potassium	C. Substances found in food that protect cells from the damage caused by unstable molecules known as free radicals.
Fructose	D. An insoluble form of fiber which helps foods pass more quickly through the stomach and intestines.
Pectin	E. An antioxidant essential for normal metabolism, growth and development, and regulation of cell function.
Antioxidant	F. A soluble form of fiber, which slows digestion and helps your body absorb vital nutrients from foods.
Lignin	G. A substance found in fruits, vegetables, and grains. It is an important part of a healthy diet.
Peel	H. A mineral that is used by your body to regulate fluid and minerals.

Pear Word Scramble

www.usapear.org



Answers (upside down)

BTATETLR = BARTLETT
DRE UANOJ = RED ANJOJ
IOCECM = COMICE
OMTNSSIAKRR = STARKRIMSON
SEECLK = SECKEL
EDR ETRATLTB = RED BARTLETT

December 2024

Recipe from GWAAR Nutrition Team

BENEFICIAL BITES

Cranberries

Cranberry Corn Bread

- Ingredients**
- ½ butter, softened
 - 1 cup sugar
 - 2 eggs
 - 1 ½ cups all-purpose flour
 - 1 cup cornmeal
 - 2 teaspoons baking powder
 - 1 ½ cups buttermilk
 - 1 cup cranberries, halved



- Instructions**
- Step 1: In a mixing bowl, cream butter and sugar together.
- Step 2: Add eggs; mix well.
- Step 3: Combine the flour, cornmeal, baking powder and salt, mix well before adding to the creamed mixture.
- Step 4: Add mix of dry ingredients to creamed mixture alternately with buttermilk.
- Step 5: Fold in cranberries
- Step 6: Transfer mix into a greased, 9-inch square baking pan. Bake at 375°F for 40 – 45 minutes or until a toothpick inserted near the center comes out clean.

Notes: Serve warm or cold.

Enjoy!

CRANBERRY WORD FIND

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

Clues for the words to find:

- * Unit of measurement describing the size of a cranberry farm or any other plot of land: ----
- * A word that describes how cranberries taste (Hint: rhymes with heart): ----
- * Another word for cranberry bogs: ----
- * An edible berry in the same genus as the Blueberry and declared the official WI state fruit in 2004: ----
- * Early Massachusetts colonists who learned about cranberries from the Native Americans: ----
- * Color of a fully ripe cranberry: ----
- * A holiday during which people reflect on their many blessings. It also coincides with the time of year when cranberries are plentiful: ----
- * A word that describes the non-berry part of cranberry plants. Grapes have them as well: ----
- * A word describing the horizontal stems of a cranberry plant that grow along the ground and occasionally root themselves: ----
- * A word describing the vertical stems of a cranberry plant: ----
- * Cranberries grow well in this natural, low-nutrient substance and most other plants do not: ----
- * Cranberries and human beings are both comprised primarily of this substance: ----
- * What is it called when you begin to collect cranberries? ----
- * The main month during which the vast majority of cranberries in WI are harvested: ----
- * Tool that is used to harvest cranberries: ----
- * WI is the nation's leading producer of cranberries, making up what percentage of the nation's crop: ----
- * Cranberries are very high in this compared to most other foods; Also suspected to be vitally important for the prevention of the common cold: ----

Word Bank:

Sand Sixty Tart Thanksgiving Uprights Harvest Cranberry Beds Cranberry Harvest October Pilgrims Rakes Water White Runners

December 2024

Article of GWAAAR Nutrition Team

BENEFICIAL BITES
Pears

Southern Living Recipe

Pear Upside-Down Cake

Ingredients



- Cooking spray
- 1/2 cup (4 oz.), plus 3 Tbsp. unsalted butter,
- softened and divided.
- 3/4 cup maple syrup
- 1/4 cup packed light brown sugar
- 3 ripe medium-sized Bosc pears, unpeeled and sliced crosswise into 1/8-inch-thick-slices (large slices cored with 1/2 to 1 inch ring cutter)

Instructions

Step 1: Preheat oven to 350°F. Lightly grease a 9-by-2-inch round cake pan with cooking spray, and line bottom of pan with parchment paper. Lightly grease parchment paper and set aside. Melt 3 tablespoons of the butter in a small saucepan over medium. Add maple syrup and brown sugar, and cook, whisking frequently, until sugar dissolves and mixture begins to boil, 2 to 3 minutes. Continue cooking, whisking occasionally, until a thermometer inserted into caramel registers 240°F, 5 to 7 minutes. Pour caramel into prepared pan, gently tilting pan to spread caramel into an even layer; cool slightly, about 5 minutes.

Step 2: Whisk together flour, baking powder, cardamom, cinnamon, and salt in a medium bowl. Beat granulated sugar and remaining 1/2 cup butter in a stand mixer fitted with a paddle attachment on medium speed until smooth and creamy, about 2 minutes. Add eggs and vanilla, and continue beating until combined, about 1 minute. With mixer on low speed, add flour mixture alternately with milk in 3 batches, beginning and ending with flour mixture, beating just until batter is smooth. Spoon batter on top of pear slices, gently smoothing surface with a rubber spatula. Place cake on a rimmed baking sheet.

Step 4: Bake cake in preheated oven until top is golden brown, edges begin to pull away from sides of cake pan, and a toothpick inserted into center of cake comes out clean, 45 to 50 minutes. Cool cake in pan on a wire rack 5 minutes. Carefully run a small offset spatula or paring knife around edge of cake to release from sides of pan. Place a large plate or cake stand upside down on top of cake pan, and quickly invert. Remove cake from pan; carefully peel away parchment paper, and discard.

Notes: Slice cake and serve warm, or allow cake to cool completely at room temperature, about 1 hour, before slicing and serving. Serve with a dollop of whipped cream or a scoop of vanilla ice cream.

Did you know....



- **December is National Pear Month.**
- **Pears are a member of the rose family of plants, Rosaceae, which are related to apples, apricots, cherries, peaches and many other fruits.**
- **The Bartlett pear is the most popular variety of pear in the U.S.**
- **Pear wood is favored for things such as furniture and instruments because it does not warp.**
- **China is the largest producer of pears, followed by the U.S.**
- **The skin of a pear provides about half of the pear’s total dietary fiber as well as its antioxidant and anti-inflammatory phytonutrients, therefore it is best not to peel the fruit but to eat the entire pear.**

Pears are one of the world’s oldest cultivated and beloved fruits. In 5,000 B.C., Feng Li, a Chinese diplomat, abandoned his responsibilities when he became consumed by grafting peaches, almonds, persimmons, pears and apples as a commercial venture. Early colonists brought the first pear trees to America’s eastern settlements where they thrived until crop blights proved too severe to sustain widespread cultivation. Fortunately, the pear trees brought west to Oregon and Washington by pioneers in the 1800’s thrived in the unique agricultural conditions found in the Pacific Northwest.

Pears grow on trees that can live to be 100 years old. There are more than 3,000 varieties of pears but the most common are Bartlett, Anjou, Bosc and Comice pears. They do not ripen while on the tree but ripen from the inside out. Pick pears when the fruit has a faint yellow blush but is still green. Ripen pears at room temperature and know when they are ripe by “checking the neck” for gentle give around the stem.

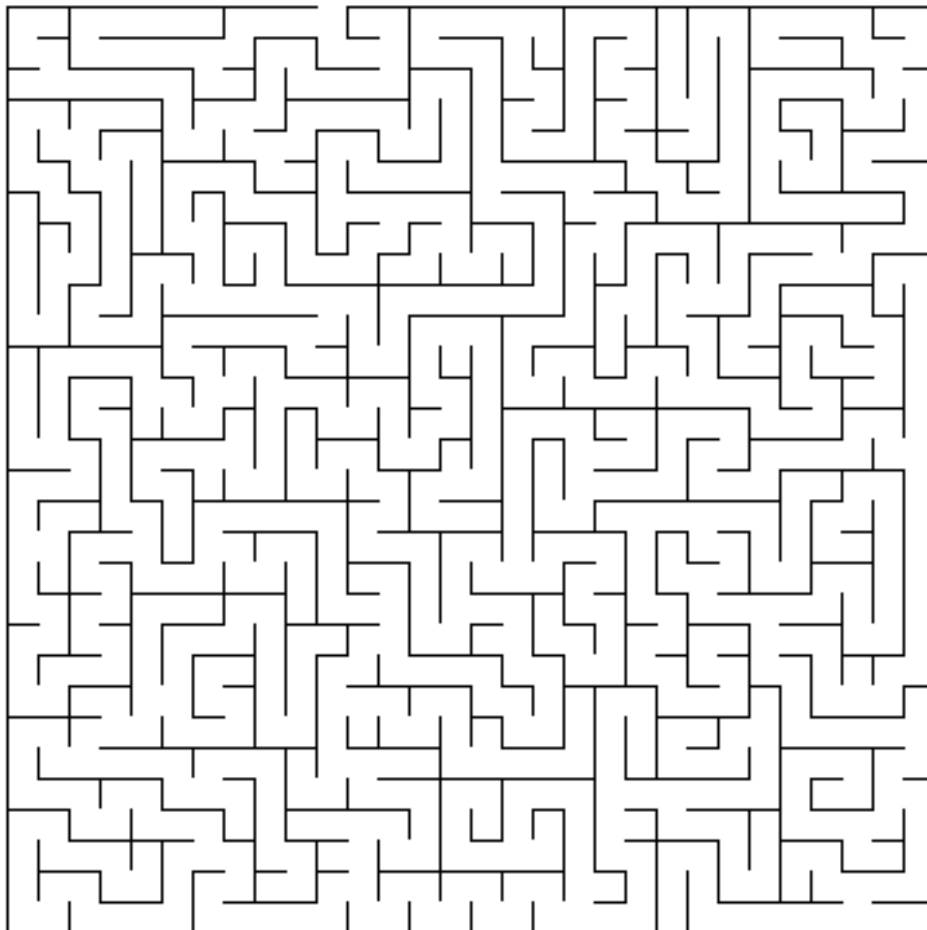
Pears are an excellent source of fiber, copper, vitamin C, vitamin A, and other antioxidants. These may be beneficial in promoting better memory, lower cardiovascular disease, ease inflammation, and promote a healthy central nervous system as well as aide in digestion.

Pear tree wood is often times used to construct musical instruments, furniture, and other wooden décor.

Don't Get Bogged Down

No pollination means no fruit. A honeybee will visit an average of 50-100 cranberry blossoms in one collection trip...help this one make its way through the bog!

START ↓



2024 December 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.