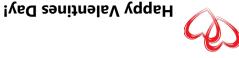
Home Delivered Dining Menu Greater Bayfield County February 2024

Meal Reservation Line – (715) 373-3396

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Groundhog	Dayl	BE MINE YOU HUGS	Sweet & Sour Meatballs Brown Rice Tomato & Cucumber Salad Pineapple Tidbits Asian Blend Veggies	Chicken Gumbo Steamed Carrots Canned Peaches	
5 Italian Meatballs over Penne Pasta Italian Blend Vegetables Fresh Fruit	Beef & Cheese Burrito Refried Beans Shredded Lettuce Diced Tomato Canned Pears	7 BBQ Chicken Steamed Broccoli Potato Salad Fresh Fruit Dinner Roll w/ Butter	8 Garlic Herb Pork Loin Pork Gravy Peas & Carrots Mashed Potato Black Bean Chocolate Cake	9 Rotisserie Style Chicken Roasted Herb Potatoes Chicken Gravy Steamed Broccoli Fresh Fruit Dinner Roll & Butter	
Chicken Ala King Fruit Cocktail Steamed Beets Whole Wheat Bread Butter	Black Forest Ham Chef Salad Shredded Cheese Tomato Wedges Sliced Cucumber Ranch Dressing Canned Peaches Dinner Roll Butter	Maple Glazed Pork Baked Beans Tomato Onion Salad Applesauce Whole Wheat Bread Butter	Lemon Baked Chicken Chicken Gravy Steamed Brussel Sprouts Steamed Carrots Canned Peaches Red Velvet Cake	Spaghetti with Turkey Meat Sauce Italian Vegetables Fresh Fruit	
Chicken Chop Suey over Brown Rice Asian Blend Vegetables Canned Pineapple	Beef Macaroni Tomato Casserole Romaine Lettuce Sliced Cucumber Tomato Wedges Ranch Dressing	Baked Chicken with Thyme Sauce Mashed Potatoes Chicken Gravy Steamed Broccoli Fresh Fruit Dinner Roll Butter	Sloppy Joe on a Bun Potato Wedges Baked Beans Canned Peaches	Biscuit & Country Gravy Pork Sausage Links Roasted Mushrooms Tomato Juice Fresh Fruit	
26 Pepperoni Pizza Bake Italian Vegetables Fresh Fruit	Baked Pollock with White Wine Sauce Baked Potato Steamed Carrots Canned Pears Dinner Roll & Butter Sour Cream	Roast Pork Mashed Potatoes Pork Gravy Steamed Brussel Sprouts Applesauce Dinner Roll & Butter	Chicken Alfredo Steamed Carrots Three Bean Salad Fresh Fruit		

<u>NOTE</u>: Menus are subject to change without notice.



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Ginger and Cabbage EAT WELL, AGE WELL

Author: Katie Osterbauer, PHD

February 2024

Valentine

Cabbage Stir-Fry

MRQFRIENDBGFZFE



Moo.yedexi9 Image by Jason Goh from

lio evilo qedT f • Ingredients

3 Garlic cloves, minced

Article and recipe courtesy of GWAAR Nutrition Team

- L tsp. Ginger
- Half a head of cabbage
- 4 Tbsp low sodium soy sauce

1. Heat olive oil in a high-sided skillet or wok at medium-high Instructions

3. Add cabbage, 2 Tbsp soy sauce, and other seasonings as 2. Sauté garlic and ginger for 3 minutes. heat.

desired. Heat over medium heat for 5-7 minutes until the

4. Add the remaining 2 Tbsp soy sauce, turn the heat to high cabbage is softened.

and cook for 2-3 more minutes

• Can be served as a vegetable or over rice as the main dish. Notes

- Substitute olive oil for sesame oil to add a nutty flavor.
- Substitute for Chinese cabbage or red cabbage for other variations.
- Sauté onions, peppers, Bok choy, or mushrooms with cabbage to incorporate additional
- flavors or sesame seeds to top before serving. Add a choice of protein.
- Recipe adapted from https://www.the-bella-vita.com/cabbage-stir-fry-recipe.

Check out more recipes at: https://foodhero.org/ginger and https://foodhero.org/cabbage

Its roots go way back. Did you know that ginger is an ancient spice?

February 2024

Article and recipe courtesy of GWAAR Nutrition Team Author: Katie Osterbauer, PHD

EAT WELL, AGE WELL Ginger and Cabbage



Photo Courtesy of Pixabay.com

Did you know....

- Ginger has been used in China for medicinal purposes for over 2500 years!
- Cabbage is known as one of the most nutritious vegetables.

February is Heart Month. Ginger and cabbage are heart-healthy food options that reduce the risk of developing heart disease. Ginger has emerging heart-healthy attributes including reducing blood pressure, lowering lipid and cholesterol levels, and reducing blood clotting in atherosclerosis. It also has been long used to treat nausea and vomiting.

- Storage: Store in a resealable plastic bag container with air pushed out, in a refrigerator crisper. Can be grated and frozen in an ice cube tray for long-term storage.
- Preparation: Scrap the skin off with the tip of a spoon. Grate or mince as the recipe instructs.

Cabbage is an easy-to-grow vegetable available in many varieties, each with a slightly different flavor profile. Cabbage is high in fiber, Vitamin C, Vitamin K, Vitamin A, Vitamin B6, thiamin, folate, potassium, manganese, calcium, and iron. It is also low in saturated fat, cholesterol, and calories making it a heart-healthy option.

- Storage: Cabbage can be stored for many months making fresh cabbage available even in the winter months. Store in refrigerator for several weeks and up to 2 months if uncut. Do not wash until ready to use.
- Preparation: Can be eaten raw, braised, steamed, boiled, fried, or roasted. Be careful not to overcook and release stereotypical cabbage odor.

VALENTÎNE®S DAY Word Scramble

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More than a meal!

SENIOB DINING



Meal Site Location Information

To reserve your meal, call 715-373-3396

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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.	
Cable United Church of Christ	Meal Days: 1 st & 3 rd Mondays of the month	Site Opens: 12:00 noon
13445 County Hwy. M	Reservation required? Yes	Meal Served: 12:30 p.m.
Cable, WI 54821	Call by Thursday at 12:00 noon	
Iron River Community Center	Meal Days: 2 nd & 4 th 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.