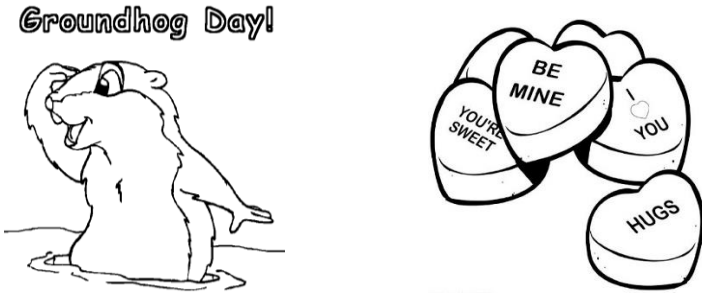



Home Delivered Dining Menu Greater Bayfield County

February 2024

Meal Reservation Line – (715) 373-3396

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Groundhog Day!</p> 			<p>1</p> <p>Sweet & Sour Meatballs Brown Rice Tomato & Cucumber Salad Pineapple Tidbits Asian Blend Veggies</p>	<p>2</p> <p>Chicken Gumbo Steamed Carrots Canned Peaches</p>
<p>5</p> <p>Italian Meatballs over Penne Pasta Italian Blend Vegetables Fresh Fruit</p>	<p>6</p> <p>Beef & Cheese Burrito Refried Beans Shredded Lettuce Diced Tomato Canned Pears</p>	<p>7</p> <p>BBQ Chicken Steamed Broccoli Potato Salad Fresh Fruit Dinner Roll w/ Butter</p>	<p>8</p> <p>Garlic Herb Pork Loin Pork Gravy Peas & Carrots Mashed Potato Black Bean Chocolate Cake</p>	<p>9</p> <p>Rotisserie Style Chicken Roasted Herb Potatoes Chicken Gravy Steamed Broccoli Fresh Fruit Dinner Roll & Butter</p>
<p>12</p> <p>Chicken Ala King Fruit Cocktail Steamed Beets Whole Wheat Bread Butter</p>	<p>13</p> <p>Black Forest Ham Chef Salad Shredded Cheese Tomato Wedges Sliced Cucumber Ranch Dressing Canned Peaches Dinner Roll Butter</p>	<p>14</p> <p>Maple Glazed Pork Baked Beans Tomato Onion Salad Applesauce Whole Wheat Bread Butter</p>	<p>15</p> <p>Lemon Baked Chicken Chicken Gravy Steamed Brussel Sprouts Steamed Carrots Canned Peaches Red Velvet Cake</p>	<p>16</p> <p>Spaghetti with Turkey Meat Sauce Italian Vegetables Fresh Fruit</p>
<p>19</p> <p>Chicken Chop Suey over Brown Rice Asian Blend Vegetables Canned Pineapple</p>	<p>20</p> <p>Beef Macaroni Tomato Casserole Romaine Lettuce Sliced Cucumber Tomato Wedges Ranch Dressing</p>	<p>21</p> <p>Baked Chicken with Thyme Sauce Mashed Potatoes Chicken Gravy Steamed Broccoli Fresh Fruit Dinner Roll Butter</p>	<p>22</p> <p>Sloppy Joe on a Bun Potato Wedges Baked Beans Canned Peaches</p>	<p>23</p> <p>Biscuit & Country Gravy Pork Sausage Links Roasted Mushrooms Tomato Juice Fresh Fruit</p>
<p>26</p> <p>Pepperoni Pizza Bake Italian Vegetables Fresh Fruit</p>	<p>27</p> <p>Baked Pollock with White Wine Sauce Baked Potato Steamed Carrots Canned Pears Dinner Roll & Butter Sour Cream</p>	<p>28</p> <p>Roast Pork Mashed Potatoes Pork Gravy Steamed Brussel Sprouts Applesauce Dinner Roll & Butter</p>	<p>29</p> <p>Chicken Alfredo Steamed Carrots Three Bean Salad Fresh Fruit</p>	

NOTE: Menus are subject to change without notice.



Happy Valentines Day!

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February 2024

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

EAT WELL, AGE WELL

Ginger and Cabbage

Cabbage Stir-Fry

Ingredients

- 1 Tbsp olive oil
- 3 Garlic cloves, minced
- 2 tsp. Ginger
- Half a head of cabbage
- 4 Tbsp low sodium soy sauce

Instructions

1. Heat olive oil in a high-sided skillet or wok at medium-high heat.
2. Sauté garlic and ginger for 3 minutes.
3. Add cabbage, 2 Tbsp soy sauce, and other seasonings as desired. Heat over medium heat for 5-7 minutes until the cabbage is softened.
4. Add the remaining 2 Tbsp soy sauce, turn the heat to high and cook for 2-3 more minutes

Notes

- Can be served as a vegetable or over rice as the main dish.
- 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>

Did you know that ginger is an ancient spice?

Its roots go way back.

2024 FEBRUARY 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: 12:00 noon Meal Served: 12:30 p.m.
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.