**Senior Dining Menu – Greater Bayfield County April 2025**

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

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| April Fools Day Clipart Images | Free Download | PNG Transparent Background  - Pngtree | **1** | **2** | **3** | **4** |
| **Beef Chili**  Steamed Carrots  Fresh Fruit  Whole Wheat Bread | **Sweet & Sour**  **Meatballs**  Brown Rice  Asian Vegetable Blend  Garden Salad with Dressing  Canned Peaches | **Lasagna**  Creamy Broccoli Salad  Canned Peaches  Garlic Bread | **NO MEAL** |
| **7**  **Spaghetti**  Meatballs  Pickled Beets  Fresh Fruit  Wheat Roll | **8**  **Split Pea Soup**  Turkey & Cheese Sandwich  Fresh Fruit | **9**  **Salisbury Steak**  Mashed Potatoes  Brown Gravy  Garden Salad with Dressing  Canned Peaches  Salad Dressing | **10**  **Rotisserie Chicken**  Chicken Gravy  Green Beans  Potato Salad  Fruit Cocktail  Wheat Bread | **11**  **NO MEAL** |
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| **14**  **Swedish Meatballs**  Mashed Potatoes  Steamed Carrots  Fresh Fruit  Whole Wheat Bread | **15**  **BBQ Chicken**  Steamed Rice  Steamed Green Beans  Pineapple Tidbits  Three Bean Salad | **16**  **Chicken Alfredo**  Steamed Broccoli  Italian Vegetables  Fresh Fruit | **17**  **Honey Glazed Ham**  Scalloped Potatoes  Steamed Carrots  Apple Crisp | **18**  **NO MEAL** |
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| **21**  **Baked Chicken**  Mashed Potatoes  Thyme Gravy  Baked Beans  Fresh Fruit  Whole Wheat Bread | **22**  **Potato Soup**  **Ham & Cheese**  **Slider**  Mayo & Mustard  Canned Peaches | **23**  **Meatloaf**  Garlic Mashed Potatoes  Pork Gravy  Brussels Sprouts  Canned Pears  Whole Wheat Roll | **24**  **Braised Beef Tips**  California Vegetable Blend  Steamed Brown Rice  Steamed Broccoli  Orange Gelatin  Mandarin Oranges  Whipped Cream | **25**  **NO MEAL** |
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| **28**  **Kielbasa**  Sauerkraut  Steamed Carrots  Canned Peaches  Hot Dog Bun | **29**  **Beef Tacos**  Refried Beans  Cheddar Cheese  Shredded Romaine  Diced Tomatoes  Canned Pears  Flour Tortilla | **30**  **Bourbon Glazed**  **Pork Loin**  Mashed Potatoes  Brown Gravy  Broccoli Cuts  Pineapple Chunks  Whole Wheat Bread | 13 April clip art ideas | clip art, spring clipart, art | April Flower PNG, Vector, PSD, and Clipart With Transparent Background for  Free Download | Pngtree |
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**NOTE: Menus are subject to change without notice.**

**April 2025 TOPIC: Common Health Scams**

Article courtesy of FTC Consumer Advice **Part 4 of 4-part series**

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| **Safety Concerns About Dietary Supplements**  Many dietary supplements contain illegal drugs or hidden substances that could cause serious harm. This is especially true for weight loss, sexual enhancement, and bodybuilding supplements. People who’ve taken these dangerous products have suffered serious health consequences, including strokes, acute liver injury, kidney failure, and pulmonary embolisms (artery blockage in the lung). Some people have died.  Dangerous supplements are often sold with false and misleading claims like "100% natural" and "safe." To recognize dangerous products, look for:   * Products claiming to be alternatives to FDA-approved drugs or claiming to have effects similar to prescription drugs. * Products claiming to be legal alternatives to anabolic steroids. * Products with ads or product packaging and marketing information primarily in a foreign language. * Products that promise rapid effects or results.   To learn more about vitamins and dietary supplements, visit the FDA’s pages on dietary supplements, buying medicines and medical products online, and health fraud. Also, visit the NIH’s resources on dietary supplements.  **Reliable Sources of Information About Diseases and Treatments**  To find reliable sources of information about diseases and their treatments, visit MedlinePlus.gov, a site operated by NIH and Healthfinder.gov. NIH’s National Center for Complementary and Integrative Health has information about alternative and complementary medicine. |
| Source: <https://consumer.ftc.gov/articles/common-health-scams> |

Word Search: **A Good Egg**

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| **Words:**  BENEDICT  BREAKFAST  BRUNCH  CARTON  CHICKEN  CHOLESTEROL  CREPE  CUSTARD  DEVILED  DOZEN  FARM  FLORENTINE  FRESH  FRIED  FRITTATA  HARD-BOILED  MAYONNAISE  OMELETTE  POACHED  PROTEIN  QUICHE  SCRAMBLED  SHELL  SUNNY-SIDE-UP  TOAST  WHISK  YOLK |  |

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| **April 2025 TOPIC: Common Health Scams**  Article courtesy of FTC Consumer Advice **Part 4 of 4-part series** | |
| Medicare Fraudsters Now Tap Telemedicine In Medical Equipment Scams - KFF  Health News | **Did you know….**  **We are continuing a series of articles addressing health and nutrition scams that are common in the United States. Last month, we talked about some ways companies scam people in the areas of cancer, chronic pain and diabetes. To wrap up the series, we will address vitamins and dietary supplements, as well as where to find reliable sources of information about diseases and treatments.** |
| **Vitamins and Dietary Supplements**  Under federal law, no one can promote dietary supplements for the treatment of a disease. But dishonest companies often make false claims like “helps prevent Alzheimer’s disease,” “stops arthritis pain forever,” “cures eye disease,” “is traditional remedy for heart disease, prostate cancer, erectile dysfunction,” and “prevents allergies.” If you spot claims like those, you know they’re false. Stop and tell the FTC at ReportFraud.ftc.gov.  While dietary supplements might seem similar to drugs, and some even have drug-like effects, there are big differences. Before you consider taking a supplement, know that   * **Unlike drugs, dietary supplements are not evaluated or reviewed by FDA for safety and effectiveness.** * **Even "natural" supplements can be risky.** In fact, “natural” can mean both harmful and ineffective. And some “natural” products could interfere with proven treatments recommended by your doctor. * **Your doctor or health provider is your best and most important source of information on whether a supplement is safe for you.** You might ask about the effectiveness of the supplement, the ingredients, if it’s safe to take (including with your other medication), and how much to take. | |

**April 2025 Make Ahead Egg Muffins**

Author: Holly Nilsson / <https://www.spendwithpennies.com/wprm_print/make-ahead-egg-muffins>

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| Egg muffins are a delicious and tasty breakfast, naturally low carb, easy to make ahead of time and can be stored in the freezer. | |
| **Ingredients**   * 10 large eggs * ½ teaspoon black pepper * ¼ teaspoon salt * ¼ teaspoon garlic powder (optional) * 1 ½ cups diced ham or 8 slices bacon, cooked & crumbled or ½ lb. sausage, browned * ½ red bell pepper diced * 3 tablespoons white onion minced, or 2 green onions, thinly sliced * 1 cup shredded cheddar cheese or your favorite blend of shredded cheese * ½ cup shredded mozzarella cheese | Breakfast Egg Muffins |
| **Instructions**   1. Preheat the oven to 350° F. 2. In a medium bowl, whisk eggs, salt, and pepper until well combined. 3. Spray a muffin pan very well with cooking spray, or line with silicone or parchment liners.   *Divide the red pepper, onion, ham/bacon/sausage, and cheese over 12 wells.*   1. Pour the egg mixture over the cheese mixture. 2. Bake for 22-25 minutes or until set. 3. Let rest 3 minutes. Run a butter knife along the edges to release the muffins and remove from the muffin tin.   Serve warm or let cool completely and refrigerate or freeze. | |
| **Notes**  **Reheating:**Reheat cooked egg muffins in the microwave for 30-60 seconds or until heated through.  **Nutrition Information**  Serving: 1egg muffin  Calories: 128, Carbohydrates: 1g, Protein: 11g, Fat: 9g, Saturated Fat: 4g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 2g, Trans Fat: 0.01g, Cholesterol: 158mg, Sodium: 379mg, Potassium: 77mg, Fiber: 0.2g, Sugar: 1g, Vitamin A : 495IU, Vitamin C: 7mg, Calcium: 122mg, Iron: 1mg | |

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| Home - Food Friends  **MENU**  **APRIL**  **2025** |
| **SENIOR DINING**  More than a meal! |

**A close up of a logo

Description automatically generated with medium confidence**

**Meal Site Location Information To reserve your meal, call** **715-373-3396**

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| **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: 1st & 3rd 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: 2nd & 4th 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  ***\*Please be respectful of the restaurant and do not arrive earlier than 1:00 p.m.*** | 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.

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