

# October 2023

## Home delivered meals for Barnes, Drummond, Grandview, Iron River and Mason.

Bayfield County  
Dept. of Human Services  
117 E. 5th St / PO Box 100  
Washburn, WI 54891  
715.373.6144

Week of:	Monday	Tuesday	Wednesday	Thursday
<b>October 2-5</b>	<b>Penne Pasta w/ Meatballs</b> Italian Blend Vegetables Fresh Fruit	<b>Vegetable &amp; Cheese Frittata</b> Crispy Hashbrowns Pineapple Chunks Biscuit & Butter	<b>Tuna and Noodle Casserole</b> Steamed Carrots Three Bean Salad Fresh Fruit	<b>Rotisserie Chicken</b> Roasted Potatoes & Gravy Broccoli & Fresh Fruit WW Dinner Roll & Butter
<b>October 9-12</b>	<b>Tater Tot Hot Dish</b> California Vegetable Blend Fresh Fruit Whole Wheat Bread & Butter	<b>Chef Salad - Ham</b> Canned Peaches Ranch Dressing WW Dinner Roll & Butter	<b>Maple Glazed Pork</b> Tomato & Cucumber Salad Baked Beans & Pineapple WW Bread & Butter	<b>BBQ Chicken</b> Peas & Carrots Coleslaw & Potato Salad Wheat Roll & Butter
<b>October 16-19</b>	<b>Chicken Chopped Suey</b> Brown Rice Asian Blend Vegetables Pineapple Tidbits	<b>Lemon Baked Chicken &amp; Gravy</b> Baked Beans Steamed Carrots Canned Peaches Whole Wheat Roll & Butter	<b>Crispy Fish Filet</b> Lettuce, Tomatoes, Pickle Mixed Vegetable Canned Pears Tartar Sauce	<b>Garlic Herb Pork Loin &amp; Gravy</b> Broccoli Cuts Apple Sauce Chocolate Bean Cake Whole Wheat Roll & Butter
<b>October 23-26</b>	<b>Turkey Chili</b> Steamed Green Beans Corn Bread Canned Peaches	<b>Baked Chicken w/ Thyme Sauce</b> Mashed Potatoes & Gravy Broccoli Cuts Fresh Fruit Whole Wheat Roll & Butter	<b>Beef Mac Tomato Casserole</b> Salad w/ Cucumbers & Tomatoes Canned Pears Ranch Salad Dressing	<b>Lasagna</b> Italian Vegetables Pineapple Tidbits
<b>October 30-31</b>	<b>Beef Stroganoff</b> Buttered Egg Noodles Mixed Vegetable Blend Pineapple Tidbits	<b>Turkey Meatloaf</b> Mashed Potatoes & Gravy Brussel Sprouts Pickled Beets Whole Wheat Roll & Butter		