

2018-October

Home delivered meals for
Cornucopia, Washburn, Iron
River, Drummond, Grandview,
Mason, Barnes and meal site in
Barnes. Meals served Monday-
Thursday

Bayfield County Department of Human Services
117 E. 5th Street- PO Box 100, Washburn, WI 54891
715-373-6144

	Monday	Tuesday	Wednesday	Thursday
Oct 1-4	Hot Turkey Sandwich on WW Bread, Mashed Potatoes & Gravy, Cranberries, Kiwi Fruit, Milk	Tuna Noodle Casserole, Peas, Sliced Tomatoes w/Cottage Cheese, Banana, Milk	Chili w/Crackers, Peas & Cheese Salad, Cornbread Muffin w/butter, Apple Pie Square, Milk, Veg Alt: Black Bean Chili	BBQ'd Chicken, Baked Potato w/butter & sour cream, Corn, Tossed Salad w/tomato, Coconut Bar, Milk, Veg Alt: BBQ'd Tempeh
Oct 8-11	Salisbury Steak w/brown gravy, Mashed Potatoes, Parslied Cauliflower, Fruit Cocktail, Potato Roll w/butter, Milk	Pigs in a Blanket Casserole, Stewed Tomatoes, Black Bean Brownie, Dark Rye Bread w/butter, Milk, Veg Alt: Tofu Crumbles in a Blanket Casserole	Broiled Lemon Parslied Fish, Paprika Baby Potatoes, Green Beans, Peach Delight, WW Bread w/butter, Milk	Cheesy Pepperoni Pizza Hotdish, Winter Squash, Pineapple w/cottage cheese, Blueberry Crunch Crumble, Milk, Veg Alt: Cheesy Pizza Hotdish
Oct 15-18	BBQ's Ham Balls. Au Gratin Potatoes, California Blend Veggies, WW Roll w/butter, Cinnamon Baked Apples Slices, Milk	Beef Stew over a Buttered Biscuit, Steamed Carrots, Mandarin Oranges, Milk, Veg Alt: Potato Parsnip Tofu Gratin	Bologna & Cheese Sandwich on WW Bread, Split Pea Soup, Lettuce Salad, Crushed Pineapple, Milk, Veg Alt: Hummus Sandwich	Baked Boneless Chicken Breast in Gravy, Candied Yams, Corn Niblets, WW Roll w/butter, Cherry Crisp, Milk, Veg Alt: Tofu Cutlet w/brown Gravy
Oct 22-25	Chicken Chow Mein over Steamed Brown Rice, Oriental Veggies, Chow Mein Noodles, Pear & Cranberry Salad, Milk	Beef & Bean Tamale Pie w/lettuce, tomatoes, sour cream & mild picante sauce, Lemon Sunshine Salad, Orange, Milk, Veg Alt: Bean Tamale Pie	Hamburger on a buttered bun, Sliced Tomatoes, Tater Tots, Pumpkin Bars, Milk, Veg Alt: Black Bean Burger	Roasted Port Tenderloin in Gravy, Mashed Potatoes & Gravy, Steamed Broccoli, Applesauce, Potatoes Roll w/butter, Chocolate Cake, Milk, Veg Alt: Roasted Tempeh
Oct 29-31	Sloppy joe on a buttered bun, Baked Beans, Potato Salad, Tropical Fruit Salad, Milk, Veg Alt: Roasted Garbanzo Loaf	Baked Ham Chunks, Scaloped Potatoes, Steamed Red Cabbage, Rye Roll w/butter, Pineapple Upside Down Cake, Milk, Veg Alt: TVP Balls		