

2019-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 1-3		Tuna Noodle Casserole, Peas, Sliced Tomatoes w/ Cottage Cheese, Fresh Banana, Milk	Chili w/ Crackers, Marinated Cucumber Salad, Cornbread Muffin w/ Butter, Mandarin Oranges, Milk, Veg Alt: Black Bean Chili	BBQ'd Chicken, Baked Potato w/butter & sour cream, Whole Kernel Corn, Romaine Tossed Salad w/Tomato, WW Roll w/butter, Coconut Bar, Milk, Veg Alt: Tempeh
Oct 7-10	Salisbury Steak w/brown gravy, Mashed Potatoes, Parslied Cauliflower, Fruit Cocktail, Potato Roll w/butter, Milk	Pigs in a Blanket Casserole, Stewed Tomatoes, Dark Rye Bread w/butter, Black Bean Brownie, Milk, Veg Alt: TVP Crumbles Casserole	Broiled Lemon Parslied Fish, Paprika Baby Potatoes, Green Beans, Whole Wheat Bread w/butter, Peach Delight, Milk	Cheesy Pepperoni Pizza Hotdish, Fresh Winter Squash, Pineapple w/Cottage Cheese, Blueberry Crunch Crumble, Milk, Veg Alt:Vegetarian Pepperoni
Oct 14-17	Chicken Chow Mein over Steamed Brown Rice, Oriental Veggies, Chow Mein Noodles, Pear & Cranberry Salad, Milk	Beef & Bean Tamale Pie w/shredded lettuce, diced tomatoes, sour cream & mild picante sauce, Lemon Sunshine Salad, Fresh Orange, Milk, Veg Alt: Pinto Bean Tamale	Hamburger on a buttered bun, Sliced Tomatoes, Tater Tots, Pumpkin Bars, Milk, Veg Alt:Veggie Burger	Roast Pork Loin in gravy, Mashed Potatoes & Gravy, Steamed Broccoli, Applesauce, Potato Roll w/butter, Chocolate Birthday Cake, Milk, Veg Alt: Seitan
Oct 21-24	BBQ'd Ham Balls, Au Gratin Potatoes, California Blend Veggies, WW Roll w/ butter, Baked Cinnamon Apple Slices, Milk	Beef Stew over a Buttered Biscuit, Steamed Carrots, Mandarin Oranges, Milk, Veg Alt:Hearty Veggie Stew w/ cannellini beans	Bologna & Cheese Sandwich on WW Bread, Split Pea Soup, Shredded Lettuce Salad, Crushed Pineapple, Milk, Veg Alt: Vegetarian Deli Turkey	Baked Boneless Chicken Breast in Gravy, Candied Yams, Corn Niblets, WW Roll w/ butter, Cherry Crisp, Milk, Veg Alt: Tofu Cutlet
Oct 28-31	Sloppy Joe on a Buttered Bun, Baked Beans, Potato Salad, Tropical Fruit Salad, Milk	Baked Ham Chunks, Scalloped Potatoes, Steamed Red Cabbage, Rye Roll w/butter, Pineapple Upside Down Cake, Milk, Veg Alt: Tempeh Chunks	Baked Boneless Chicken Breast in Alfredo Sauce over Linguine Noodles, Steamed Broccoli, Peas & Cheese Salad, Jello w/fruit cocktail, Milk, Veg Alt:Tofu Sausage	Spooktacular Spaghetti & Meatballs, Ghoulish Green Beans, Garlic Breadsticks to keep the vampires away, Cinnamon Baked Apple Slices, Milk, Veg Alt: TVP Balls