

## **Vegetarian Meal Options Available for the Mature Lunch Bunch at the Barnes Town Hall**

Bayfield County Aging and Disability Services is happy to announce we will be offering vegetarian meal options in addition to the meat-lovers menu three days a week for the Mature Lunch Bunch at the Barnes Town Hall.

The optional vegetarian selection will be offered Tuesdays through Thursdays. Eventually this option will be made available to individuals receiving Meals on Wheels throughout a large portion of Bayfield County.

According to Carrie Linder, Manager of the Bayfield County office, *“we are reaching a point in time where there is a significant shift in the aging of our county. Adults age 65 and older will include 50% of the overall population of Bayfield County.”* Linder added: *“Yes, the Baby Boomers are coming and we want to acknowledge that they have different tastes and needs than generations before them.”*

The really great news is that there is no additional cost incurred by providing this option. Meals for the Elder Nutrition Program are preordered and prepared at Chartwells—Northland College and delivered daily to the meal site where they are served. Chartwells has graciously offered this option at no additional cost to the Program.

As is the case with the regular menu, the vegetarian menu will meet one-third of the Recommended Daily Allowance for older adults. Most menu items will be the same, with the exception of the entrée. When people make their required advance reservations, they have the option to choose regular menu or vegetarian menu. For example, for Tuesday, March 1, the regular menu is BBQ Pork Riblet, Scalloped Potatoes, Winter Squash, Diced Pears, Whole Wheat Roll w/butter and 1% Milk. The vegetarian menu includes BBQ Tofu rather than the Pork Riblet. For those not familiar with the foods and ingredients, educational materials about the product and its health benefits will be available. Samples of the vegetarian options will be available through March, so individuals can have a taste of what is being served.

Meals offered in Bayfield County are offered on a donation basis of \$2.50 per meal for individuals 60 and older. Individuals under age 60 are welcome and encouraged to have lunch at the meal site, but are required to pay the full cost of the meal, which is \$5.05. To reserve a meal or obtain more information, about the Mature Lunch Bunch at the Barnes Town Hall, individuals can call 715-795-2495 between the hours of 10:00 and 1:00 Monday through Thursday. For additional information about the Elderly Nutrition Program, people can call the ADRC of the North at 1-866-663-3607.