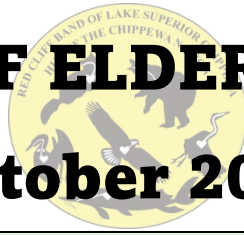


RED CLIFF ELDERLY MENU

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Apane minode'en. Always be kind / Always be generous.		Pot Roast w/ Potatoes & Carrots Biscuit	Chili Cornbread Fruit	Oven Roasted Turkey Mashed Potatoes Stuffing Corn
6	7	8	9	10
Vegetable & Chicken Alfredo Pasta Breadstick	Baked Ham Mashed Potatoes & Gravy Green Beans Dinner Roll	Goulash Side Salad Cookie	Boiled Dinner Bread & Butter Fruit	Meatloaf Mashed Potatoes Glazed Baby Carrots Dinner Roll
13	14	15	16	17
CLOSED FOR INDIGENOUS PEOPLE'S DAY	BLT Sandwich Potato Salad Fruit	Breakfast served from 10am – 11am Oatmeal Bacon Fresh Fruit Hard Boiled Egg	Creamy Chicken Wild Rice Soup Dinner Roll Fruit	Spaghetti & Meat Sauce Garlic Bread Broccoli
20	21	22	23	24
CLOSED FOR IN-SERVICE	Pork Roast Mashed Butternut Squash Mac 'n' Cheese Mixed Veggies	Hamburger Hotdish w/veggies Bread & Butter	Creamy Chicken Wild Rice Soup Dinner Roll Fruit	Hot Ham & Cheese Sandwich Cowboy Beans Carrots
27	28	29	30	31
Chef Salad Whole Grain Flatbread Fruit	Egg Salad Sandwich Onion Rings Mixed Veggies	BBQ Pulled Pork Sandwich Coleslaw Mixed Veggies	Beef Barley Soup Sourdough Bread & Butter Fruit	Kielbasa & Kraut Baby Reds w/Red Beans Bread & Butter

All meals served with 1% milk. Menu subject to change.

Side Salad Bar available each day during Congregate Lunch.

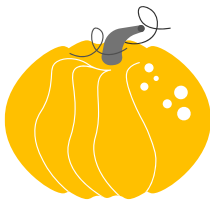
Congregate meals served from 12:00pm – 1:00pm at Red Cliff Elderly Feeding

37645 New Housing Road, Bayfield, WI 54814, (715)779-3746

RED CLIFF ELDERLY ACTIVITIES

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Ojibwemotaw. Speak Ojibwe to someone. Giga-waasakonetamaagoowaag giizis, dibiki-giizis, miinawaa anangoog. You all will have your way lighted by the sun, the moon, and the stars.				Blood Pressure Testing @ Lunch Trips w/Sam to Ashland
6	7	8	9	10
	Trips w/Sam OLL BINGO		Elder Needs Assessment Dinner Event	Fall Colors Drive Elder Food Box Blood Pressure Testing @ Lunch
13	14	15	16	17
CLOSED FOR INDIGENOUS PEOPLE'S DAY	Weweni gibi-naazikoon gegoo ji-gagwejiminaan sa noongom. Gimiinin asemaa. I am coming to you today with respect to ask you something. I am giving you tobacco.			Blood Pressure Testing @ Lunch Trips w/Sam to Ashland BINGO on SUNDAY!
20	21	22	23	24
Elderly CLOSED FOR IN-SERVICE	Trips w/Sam OLL BINGO	Zhingwaak - Eastern white pine tree. Bagonegiizhig - Hole in the Day		Elder Food Box Blood Pressure Testing @ Lunch
27	28	29	30	31
Dagwaagin. It is fall, autumn.			Gate Night Trick or Treating & Trunk Or Treat	Trips w/Sam to Ashland Blood Pressure Testing @ Lunch

Call Samuel La Grew for "Trips With Sam" departure times or to arrange pick-ups.

715-979-1322