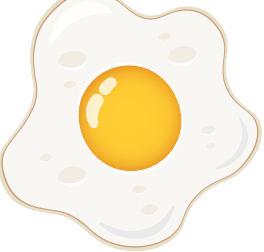




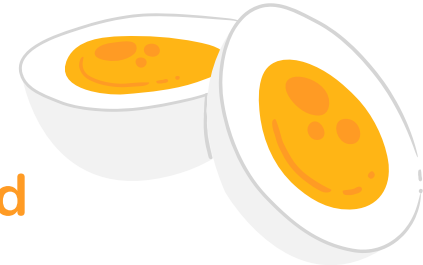
February

Frozen Route & La Valle Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
To cancel a meal: ADRC (608)355-3289	NOTE: Meals are subject to change on occasion. Home Delivered Meals include milk.		1 Glazed Turkey Creamed Peas Boiled Potatoes Ice Cream	2 Parmesan Baked Fish Butter & Herb Rice Winter Mix Vegetables Pie
5 Chili Cheddar Cornbread Roasted Zucchini Cherry Crisp	6 Oven Fried Chicken Mashed Potatoes Coleslaw Ice Cream Sandwich	7 Spaghetti/Meat Sauce Capri Blend Vegetables Garlic Breadstick Pudding Parfait	8 Pork Loin Au Gratin Potatoes Broccoli Cuts Emerald Pears	9 Herb Baked Fish Butter & Herb Rice Pacific Blend Vegetables Gelatin Parfait
12 Meatball Stroganoff Broccoli & Cauliflower Fruit Cocktail Peanut Butter Brownie	13 Roast Turkey Dressing Capri Blend Vegetables Gelatin Whip Roll	14 Lasagna Italian Blend Vegetables Garlic Bread Mixed Fruit	15 Honey Garlic Chicken Parslied Red Potatoes Baked Tomatoes Angel Food Cake w/ Strawberries	16 Oven Fried Fish Waffle Fries Steamed Baby Carrots Cookie
19 Sloppy Joe on Bun French Fries Vegetable Blend Pie	20 Cranberry Glazed Chicken Au Gratin Potatoes Dilled Carrots Cookie	21 Glazed Ham Scalloped Potatoes Spinach and Veggie Mix Apple Crisp	22 Roast Beef & Gravy Mashed Potato Casserole Green Beans Strawberry shortcake	23 Tuna Noodle Casserole Corn & Peas Beets Frosted Lemon Cake
26 Teriyaki Chicken Breast Rice Pilaf Asian Blend Vegetables Peach Pie	27 Meatloaf Baked Potato Brussels Sprouts Strawberries	28 Roast Pork & Sauerkraut Au Gratin Potatoes Green Beans Marble Cake	29 Beef Stew Mixed Green Salad Cornbread Cranberry Apple Crisp	



E is for Egg



Health Benefits

- Eggs provide 6 grams of protein at only 71 calories per serving, thus considered the “Gold Standard” for protein
- High-quality protein has been shown to reduce overall calorie intake, keep you full, stay energized, and help build/maintain muscle mass
- Eggs have 13 vitamins and a mere 70 calories
- Eggs also contain Vitamin D and folic acid

Fun Facts

- Nutritionally, brown and white eggs are pretty much the same. Egg color depends on the hens laying them.
- Chicken and ostrich eggs are the most common eggs consumed worldwide.
- Hens requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts all over again.

Peachy Egg Custard

INGREDIENTS:

- 2 cups low-fat or skim milk
- 4 eggs
- 1 cup sugar
- ½ cup flour
- 1/4 tsp each vanilla extract
- 1/4 tsp almond extract
- 1/4 tsp ground nutmeg
- 1 cup diced peaches, drained

tsp = teaspoon, T = tablespoon

DIRECTIONS:

Preheat oven to 325°. Combine all but the peaches in a blender and process until well blended. Pour into greased 9” pie plate. Sprinkle diced peaches over custard and bake for 45-55 minutes or until knife inserted comes out clean. Serve warm or chilled. Refrigerate.



Lemon Pudding Dessert Cups

INGREDIENTS:

- 3/4 cup sugar
- ¼ cup cornstarch
- 2 ½ cups milk
- 3 large egg yolks, lightly beaten
- 2 T finely grated lemon zest
- pinch salt
- ½ cup fresh lemon juice
- ½ cup fresh sliced strawberries or whole raspberries
- 8 gingersnap cookies

DIRECTIONS:

Whisk sugar and cornstarch together in medium saucepan. Add milk and whisk until smooth. Add egg yolks, zest and salt and cook over medium heat stirring constantly with whisk until thickened (it will thickly coat the back of a spoon). Remove from heat and stir in lemon juice. Pour into 4 individual serving dishes. Let stand about 15 minutes then refrigerate for at least 3 hours or until thoroughly chilled and set. Just before serving, place berries on top of each and stand up two gingersnaps on each side of the berries.

