



March

Hot Route & Dining Site Menu:
Baraboo, Reedsburg, Lake Delton

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel or reserve a meal: Baraboo: 963-3436 Lake Delton: 393-7214 Reedsburg: 963-3438</p>	<p>NOTE: Due to product availability, meals are subject to change on occasion and without notice. Home Delivered Meals include milk.</p>			<p>1 Catch of the Day Sweet Potato Broccoli Coleslaw Bread</p>
<p>4 Goulash Wax Beans Cornbread Pineapple Orange Cake</p>	<p>5 Roast Pork Loin Mashed Potatoes & Gravy Corn Apple Sauce Dinner Roll</p>	<p>6 Baked Chicken Thighs Stuffing w/ Gravy Mixed Vegetables Peaches</p>	<p>7 Beef Stew Biscuit Brussel Sprouts Apple Crisp</p>	<p>8 Catch of the Day Baked Potato Creamed Peas Dinner Roll Strawberry Delight</p>
<p>11 Swedish Meatballs over Noodles Carrots Mixed Fruit Lemon Bar</p>	<p>12 BBQ Chicken Legs Cheesy Hashbrowns Baked Beans Dinner Roll Peach Crisp</p>	<p>13 Spaghetti w/ Meat Sauce 7-Layer Salad Garlic Bread Stick Cookie</p>	<p>14 Scalloped Potatoes & Ham Green Beans Dinner Roll Mandarin Oranges</p>	<p>15 Tuna Casserole Capri Blend Vegetables Coleslaw Chocolate Chip Bar</p>
<p>18 Corned Beef & Cabbage Jell-O Pears Rye Bread Shamrock Cookie</p>	<p>19 Meatloaf Au Gratin Potatoes Peas & Carrots Dinner Roll Fruit Cup</p>	<p>20 Polish Sausage w/ Kraut Parslied Red Potatoes Fruited Dessert Bread</p>	<p>21 Chicken Parmesan Rice California Blend Veggies Pudding Cup</p>	<p>22 Salmon Loaf Seasoned Rice Blend Creamed Peas Pickled Beets</p>
<p>25 Honey Glazed Ham Sweet Potato Casserole Baby Carrots Roll</p>	<p>26 Beef Stroganoff over Noodles Corn Dinner Roll Fluffy Fruit Salad</p>	<p>27 Italian Rigatoni Green Beans Garlic Toast Brownie</p>	<p>28 Chicken Casserole Brussel Sprouts Dinner Roll Warm Cinnamon Apples</p>	<p>DINING SITES CLOSED (FRIDAY BEFORE EASTER)</p> 



F is for FISH



Bess' Best Tuna/Salmon Patty

INGREDIENTS:

3oz canned tuna or salmon
 1 egg white
 1/2 T dried onion flakes
 pepper to taste

DIRECTIONS:

Mix all ingredients together. Form into a patty and fry in a non-stick skillet until golden brown. Serves 1.

Variations: Use leftover potato in place of egg white for binding. For more bulk, add 1/4 cup of bread crumbs. Add different spices.

Health Benefits

- Fish is low in saturated fat (the bad fat) and cholesterol
- Fish is a high-quality protein source
- Vitamin D (important for maintenance of healthy bones) is found in: salmon, mackerel and sardines
- Fish contain healthy fats (omega-3 fatty acids). These fatty acids are important for our heart and brain function.
- Magnesium plays an important role in bone structure and energy production and is found in cod, salmon, halibut and mackerel
- The American Heart Association suggests eating at least 2 servings of fish per week for heart health
- The healthiest way to eat fish is baked, broiled or grilled

Oven Fried Fish

INGREDIENTS:

1/3 cup seasoned bread crumbs
 3 T grated parmesan cheese
 1/4 tsp pepper
 1 1/2 pounds pan fish fillets
 1/3 cup crushed corn flakes
 1/2 tsp salt
 butter-flavored spray

DIRECTIONS:

In a small bowl, combine the bread crumbs, cornflakes, parmesan cheese, salt and pepper. Coat fish with butter-flavored spray then roll in crumb mixture. Place fish on a baking sheet coated with cooking spray. Bake at 375 degrees Fahrenheit for 15-20 minutes until fish flakes easily with fork. Cooking times may be longer depending on fish thickness.

tsp = teaspoon, T = tablespoon

Tuna and White Bean Salad

INGREDIENTS:

2 cans chunk light tuna in water, drained
 1 tsp lemon juice
 1/4 cup red bell pepper, diced
 salt & pepper to taste

1 T olive oil
 1 clove minced garlic
 1/4 cup red onion, diced
 1 can white beans, drained, rinsed

DIRECTIONS: Mix all ingredients and chill in fridge for 4 hours.

Try it served on a bed of lettuce or with crackers.