



March

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 Oven Fried Fish Sweet Potatoes Broccoli Cookie
4 Marinated Pork Loin Scalloped Potatoes Spinach Banana Bread Cake	5 Swedish Meatballs Noodles Broccoli Fruit Salad Roll	6 Goulash Brussels Sprouts Garlic Breadstick Banana Walnut Brownie	7 Glazed Turkey Creamed Peas Boiled Potatoes Ice Cream	8 Parmesan Baked Fish Butter & Herb Rice Winter Mix Vegetables Pie
11 Chili Cheddar Cornbread Roasted Zucchini Cherry Crisp	12 Oven Fried Chicken Mashed Potatoes Coleslaw Ice Cream Sandwich	13 Spaghetti/Meat Sauce Capri Blend Vegetables Garlic Breadstick Pudding Parfait	14 Pork Loin Au Gratin Potatoes Broccoli Cuts Emerald Pears	15 Herb Baked Fish Butter & Herb Rice Pacific Blend Vegetables Gelatin Parfait
18 Meatball Stroganoff Broccoli & Cauliflower Fruit Cocktail Peanut Butter Brownie	19 Roast Turkey Dressing Capri Blend Vegetables Gelatin Whip Roll	20 Lasagna Italian Blend Vegetables Garlic Bread Mixed Fruit	21 Honey Garlic Chicken Parslied Red Potatoes Baked Tomatoes Angel Food Cake w/ Strawberries	22 Oven Fried Fish Waffle Fries Steamed Baby Carrots Cookie
25 Sloppy Joe on Bun French Fries Vegetable Blend Pie	26 Cranberry Glazed Chicken Au Gratin Potatoes Dilled Carrots Cookie	27 Glazed Ham Scalloped Potatoes Spinach and Veggie Mix Apple Crisp	28 Roast Beef & Gravy Mashed Potato Casserole Green Beans Strawberry shortcake	DINING SITES CLOSED (FRIDAY BEFORE EASTER)



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.