


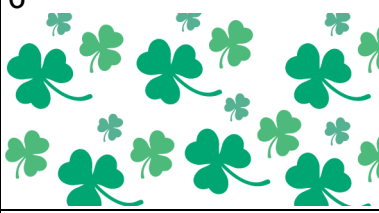
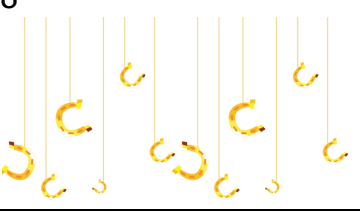
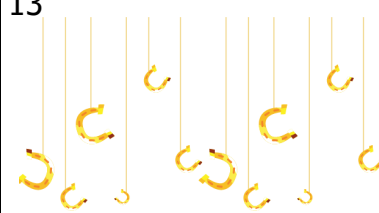


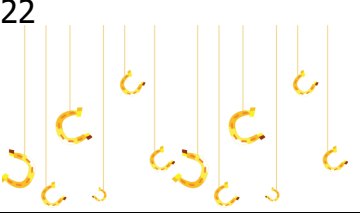




# March

Hot Route & Dining Site Menu:  
Sauk City

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>To cancel or reserve a meal:</b> Sauk: 963-3437	NOTE: Due to product availability, meals are subject to change on occasion and without notice. Home Delivered Meals include milk.		
4 Goulash Wax Beans Cornbread Pineapple Orange Cake	5 Roast Pork Loin Mashed Potatoes & Gravy Corn Apple Sauce Dinner Roll	6 	7 Beef Stew Biscuit Brussel Sprouts Apple Crisp	8 
11 Swedish Meatballs over Noodles Carrots Mixed Fruit	12 BBQ Chicken Legs Cheesy Hashbrowns Baked Beans Dinner Roll Peach Crisp	13 	14 Scalloped Potatoes & Ham Green Beans Dinner Roll Mandarin Oranges	15 
18 Corned Beef & Cabbage Jell-O Pears Rye Bread Shamrock Cookie	19 Meatloaf Au Gratin Potatoes Peas & Carrots Dinner Roll Fruit Cup	20 	21 Chicken Parmesan Rice California Blend Veggies Pudding Cup	22 
25	26	27	28	29
<p><b>Sauk Dining Site Closed March 25-29</b></p> <p><b>We apologize for any inconvenience.</b></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

tsp = teaspoon, T = tablespoon

### 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.

## 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.