



OCTOBER 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.</p>	<p>To cancel a Home Delivered Meal or make a Dining Site reservation, call:</p>	<p>Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289</p>	<p>1 Creamed Turkey Parsley Noodles Bahamas Vegetables Strawberries w/Whip</p>	<p>2 Italian Crusted Fish Garlic Butter Rice Roasted Zucchini Wheat Roll Pie</p>
<p>5 Chicken Teriyaki Rice Pilaf Asian Veggies Wheat Roll Peach Pie</p>	<p>6 Meatloaf Baked Potato Brussel Sprouts Wheat Roll Sliced Strawberries</p>	<p>7 Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans Dinner Roll Frosted Marble Cake</p>	<p>8 Beef Stew Baked Lima Beans Cornbread Apple Cranberry Crisp</p>	<p>9 Oven Fried Fish Tartar Sauce Sweet Potatoes Seasoned Broccoli Wheat Roll Cookie</p>
<p>12 Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake</p>	<p>13 Swedish Meatballs Buttered Noodles Chopped Broccoli Fruit Mix</p>	<p>14 Goulash Brussel Sprouts Wheat Roll Cookie</p>	<p>15 Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread Ice Cream</p>	<p>16 Parmesan Fish Herbed Rice Winter Mix Veggies Cornbread Pie</p>
<p>19 Chili Cottage Cheese Biscuit Cherry Crisp</p>	<p>20 Oven Fried Chicken Mashed Potatoes/Gravy Cole Slaw Biscuit Ice Cream Sandwich</p>	<p>21 Spaghetti w/Italian Meat Sauce Capri Blend Veggies Garlic Bread Pudding Parfait</p>	<p>22 Cranberry Glazed Pork Au Gratin Potatoes Broccoli Dinner Roll Honeyed Pears</p>	<p>23 Baked Fish Herbed Rice Pacific Blend Veggies Dinner Roll Fruit Mix</p>
<p>26 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Peanut Butter Brownie</p>	<p>27 Roast Turkey Bread Stuffing Capri Blend Veggies Dinner Roll Jell-O Whip</p>	<p>28 Lasagna Italian Veggies Garlic Bread Fruit Mix</p>	<p>29 Honey Garlic Chicken Parslied Red Potatoes Winter Mix Veggies Wheat Roll Frosted Cake</p>	<p>30 Fried Fish Waffle Fries Baby Carrots Cookie</p>

What's Your Favorite Apple?!

October is National Apple Month. Did you know - the first apple orchard in North America began in 1630 in Boston! Apples are a low calorie snack and a good source of fiber. Apples are also a good source of Vitamin C! Refrigeration is the best method of storage and helps keep apples fresh longer. Want to cook applesauce? Try Golden Delicious, McIntosh or Cortland.

Maple Apple Turkey Burgers (serves 4)

Ingredients

- 3 Tbsp mayo
- 3 Tbsp maple syrup
- 2 tsp Dijon mustard
- 1 Granny Smith apple, peeled, cored, chopped
- 1 tsp Italian seasoning
- 4 hamburger buns
- 1 Tbsp canola oil
- 1/4 cup onion, diced
- 1 egg
- 1/4 tsp salt
- 3/4 pound of ground turkey

Directions

- In a small bowl, mix mayo, mustard and 2 Tbsp maple syrup. Set aside.
- Heat 1 Tbsp canola oil and cook onion and 1/2 of the chopped apple for 5 minutes.
- In another bowl, combine turkey, egg, Italian seasoning, remaining apple, remaining syrup, salt. Mold mixture into four patties
- Remove cooked onion and apples from skillet, place patties into the heated skillet. Cook 5-7 minutes per side.
- Serve on hamburger buns and top with mayo mixture and cooked apple/onion mixture.

Key:

Tbsp: Tablespoon

tsp: Teaspoon

oz: ounces

Recipes and facts from:



Apple and Cheese Quesadilla (serves 1)

Ingredients

- 2 10 inch flour tortillas
- 2 tsp apple cider
- 2 oz Swiss cheese
- 1 Fuji apple, cut into slices
- 1 Tbsp Dijon mustard
- 2 Tbsp chopped green onion

Directions

- In a small bowl, whisk together mustard and cider. Brush mustard and cider mixture over tortilla and place in a heated skillet over medium heat. Place a layer of cheese, apples, and onion on the tortilla and top with remaining tortilla. Cook both sides of the tortilla until golden brown. Serve and enjoy!

