



May 2021




Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 Chicken Teriyaki Rice Pilaf Asian Veggies Wheat Roll Peach Pie</p>	<p>4 Meatloaf Baked Potato Brussels Sprouts Wheat Roll Sliced Strawberries</p>	<p>5 Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans Dinner Rolls Frosted Marble Cake</p>	<p>6 Beef Stew Baked Lima Beans Cornbread Apple Cranberry Crisp</p>	<p>7 Oven Fried Fish Tartar Sauce Sweet Potatoes Seasoned Broccoli Wheat Roll Cookie</p>
<p>10 Bratwurst & Sauerkraut Macaroni Salad Pickled Beets Wheat Roll Cookie</p>	<p>11 Grilled Citrus Chicken New Potatoes Seasoned Carrots Wheat Bread Lemon Pudding Parfait</p>	<p>12 Italian Meatloaf Garlic Mashed Potatoes Spinach Wheat Roll Toffee Bar</p>	<p>13 Pork Roast Gravy Boston Baked Beans Cauliflower Wheat Roll Strawberries</p>	<p>14 Seasoned Tilapia Garden Rice California Veggies Wheat Roll Angel Food Cake</p>
<p>17 Greek Roasted Chicken Garden Rice Roasted Cauliflower Wheat Roll Strawberries</p>	<p>18 Spaghetti w/Meat Sauce Garlic Bread Capri Blend Veggies Frosted Cupcake</p>	<p>19 Marinated Pork Roast Navy Beans Seasoned Carrots Wheat Roll Baked Peach Slices</p>	<p>20 Meatballs w/Gravy Buttered Noodles Brussels Sprouts Wheat Bread Rosy Pears</p>	<p>21 Italian Baked Fish Parslied Bowties Seasoned Peas Wheat Roll Cookie</p>
<p>24 Fried Chicken Macaroni Salad Broccoli & Cauliflower Sour Cream Pound Cake</p>	<p>25 Corned Beef Boiled Potatoes Baby Carrots Wheat Roll Pineapple Cubes</p>	<p>26 Ring Bologna Macaroni & Cheese California Veggies Melon Cubes</p>	<p>27 Glazed Meatloaf Mashed Potatoes Herbed Green Beans Wheat Roll Caramel Peach Crisp</p>	<p>28 Fried Fish Tartar Sauce Tater Tots Calico Slaw Wheat Roll Cheesecake</p>
<p>31 </p>	<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</p>	<p>La Valle: 355-3289 Frozen: 355-3289</p>



MAY IS NATIONAL STRAWBERRY MONTH



Strawberry Shortcake Muffins

Ingredients:

- 2 ½ cup old fashioned rolled oats
- 1 cup plain low fat greek yogurt
- 2 eggs
- ½ c Baking stevia OR 1 c sweetener of choice
- 1 ½ tsp baking powder
- ½ tsp baking soda
- 2 cups diced fresh strawberries, patted dry
- Optional 1 tsp lemon juice

Directions:

Preheat oven to 400°. Line 12 muffin cups with foil liners (Foil won't stick). Place all ingredients (except strawberries) in a blender, blend until smooth. Stir in 1 ½ c strawberries. Divide batter among cupcake liners, divide remaining ½ c strawberries over the top of each muffing. Bake 20–25 minutes.

- Strawberries can be an excellent source of Vitamin C and antioxidants.
- They are also a good source of folic acid, fiber, and potassium.
- Strawberries are very low in saturated fat, cholesterol, and sodium.
- The first strawberries were grown in France.
- There are 600 varieties of strawberries!
- Strawberries rank among the top 10 fruits and vegetables in antioxidant capacity.

Strawberry and Cream Pinwheels

Ingredients:

- 8oz package cream cheese (light or regular)
- 1 cup fresh strawberries, diced
- Pinch of cinnamon
- 4–5 flour tortillas

Directions:

In a medium bowl, combine cream cheese, strawberries and cinnamon and stir until blended. Spread cream cheese mixture on each tortilla and tightly wrap each up. Wrap in plastic wrap and place in refrigerator for several hours until set. Using a sharp knife. Cut slices and serve cold.



Legend has been told that strawberries were named by English children who picked, strung it on grass straws and sold them as "Straws of Berries"

