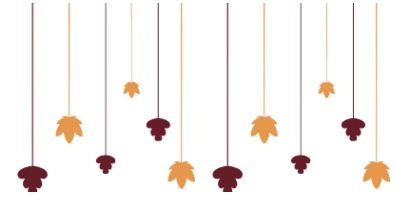




September



Monday

Tuesday

Wednesday

Thursday

Friday

<p>To cancel a Home Delivered Meal or make a Dining Site reservation call:</p>	<p>La Valle: 355-3289 Frozen: 355-3289 Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437</p>	<p>1 Marinated Pork Roast Navy Beans Seasoned Carrots Wheat Roll Baked Peach Slices</p>	<p>2 Meatballs w/gravy Buttered Noodles Brussels Sprouts Wheat Bread Rosy Pears</p>	<p>3 Italian Baked Fish Parslied Bowties Seasoned Peas Wheat Roll Cookie</p>
<p>HAPPY LABOR DAY</p>	<p>7 Corned Beef Boiled Potatoes Baby Carrots Wheat Roll Pineapple Cubes</p>	<p>8 Ring Bologna Macaroni & Cheese California Vegetables Melon Cubes</p>	<p>9 Glazed Meatloaf Mashed Potatoes Herbed Green Beans Wheat Roll Caramel Peach Crisp</p>	<p>10 Fried Fish/Tartar Sauce Tater Tots Calico Slaw Wheat Roll Cheesecake</p>
<p>13 Honey Mustard Chicken Garden Rice Mixed Vegetables Wheat Roll Cream Pie</p>	<p>14 Hamburger on Bun Oven Browned Potatoes Tomato Slices Wheat Roll Creamy Fruit Salad</p>	<p>15 Roast Turkey Au Gratin Potatoes Broccoli Wheat Bread Frosted Cake</p>	<p>16 Spaghetti w/Meat Sauce Capri Blend Veggies Garlic Wheat Roll Ice Cream</p>	<p>17 Fried Fish Baked Beans Baked Potato Wedges Wheat Bread</p>
<p>20 Roast Beef/Gravy Mashed Potatoes Brussels Sprouts Wheat Roll Ice Cream Sundae</p>	<p>21 BBQ Pork Herbed Potatoes Buttered Spinach Wheat Roll Peach Parfait</p>	<p>22 Fried Chicken Parslied Noodles Mediterranean Vegetables Fruit Cobbler</p>	<p>23 Scalloped Potatoes w/Ham California Veggies Wheat Roll Pear Slices</p>	<p>24 Hamburger on Bun Macaroni Salad Pickled Beets Mandarin Oranges</p>
<p>27 Bratwurst & Sauerkraut Macaroni Salad Pickled Beets Wheat Roll Cookie</p>	<p>28 Grilled Citrus Chicken New Potatoes Seasoned Carrots Wheat Bread Lemon Pudding Parfait</p>	<p>29 Italian Meatloaf Garlic Mashed Potatoes Spinach Wheat Roll Toffee Bar</p>	<p>30 Pork Roast/Gravy Boston Baked Beans Cauliflower Wheat Roll Strawberries</p>	<p>NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.</p>

September is National Potato Month

Fun Facts:

- The Mr. Potato Head doll was born in 1952 and was introduced to Mrs. Potato Head in 1953. According to Playskool, Inc., the two honeymooned in Boise, Idaho and have 12 children.
- The average American eats about 140 pounds of potatoes per year while the Germans eat more than 200 pounds!
- It takes 10,000 pounds of potatoes to make 3,500 pounds of potato chips...Lucky for Mr. Potato Head!



Garlicky Roasted Potatoes w/Herbs

Ingredients:

- 2 Tablespoons chopped garlic
- 1 Tablespoon olive oil
- 1 ½ # quartered Yukon Gold or red potatoes
- 1 ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup chopped fresh parsley, tarragon, rosemary or your favorite herb
- ½ teaspoon grated lemon rind

Directions:

Preheat oven to 475. Combine garlic and oil in small pan over medium heat. Sauté on low until golden, stirring constantly. In large bowl, toss potatoes with oil/garlic mixture. Arrange on baking sheet and lightly coat with baking spray. Sprinkle with salt, pepper, herbs and lemon rind. Bake at 475 until potatoes are golden and soft.

Steak and Potato Wrap

Ingredients:

- 1 # potatoes, cut into 1/2" cubes
- 2 tablespoons vegetable oil
- 2/3 cup finely chopped green onion
- Salt and pepper
- Steak sauce
- 12 oz flank steak
- 1/4 cup Worcestershire sauce
- 1 cup shredded, reduced fat cheddar cheese
- flour tortillas, heated

Directions:

Microwave potatoes on high for 7 minutes or just until tender. Set aside. Cut steak lengthwise into thirds, then crosswise into ¼ inch thick slices. Heat 1 tablespoon oil in skillet over medium heat and add ½ steak. Cook and stir 2 minutes or until steak loses pink color. Remove steak and repeat with remaining oil and steak. Add Worcestershire sauce to all of cooked steak in bowl. Add potatoes to skillet. Cook and stir until most liquid is absorbed. Add steak and onions. Season with salt and pepper. Spoon ½ cup of potato/steak mixture onto center of tortilla. Sprinkle with cheese and fold to enclose filling. Serve with steak sauce.