

## Elderly Centers Cooks Corner September 2022

The cooks Brandon Merckes & Anita Miller want to say thank you. We love & enjoy our job & all that comes with it. Being cooks for this program is very rewarding. We also look forward to your feedback about our meals & services.

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We usually try at least one new recipe combo a month. This month we are going to have our **Friday Fish Fry on 09-16-2022**. 2 Cod loins, homemade potato salad & coleslaw, rye bread & fruit cupcake. See bottom of this page for meal details. **No breakfast served this day.**

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We hope all of our Home Delivery Elders are staying happy, full & safe. We are very thankful for The Elderly Driver Roger Malone. Our lunch is served in our dining room at 12:00pm. Please stop in or call to sign up. Signing up is not required but appreciated. **Breakfast is served Fridays 7:30am-10:00am except on Friday Fish Fry.**

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This is our second Edition of The Elderly Centers Cooks Corner. Thank you & please send feedback, questions or concerns by phone, mail, email or into our feedback post located on the table just under our Program Calendar. Next Edition is October 2022.

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**Fish fry meals can be prepared easily & fish is an important nutrient for our body's.**

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For the potato salad. We clean, cut boil our potato first until just soft, drain & cool. Next cut our choice of veggies bite size. Then mix mayo, sour cream & seasonings together with cooled potato & vegetables. Our coleslaw is shaved cabbage, shredded carrots with our homemade dressing (mayo, sugar, vinegar, celery seed). Last soak your choice of fish in cold milk return to fridge to stay cool, then dip your fish in a seasoned breadcrumb mixture & fully coat. Fry in a pan with butter or oil for 3-5 minutes then flip and cook another few minutes or until internal temp is 150 or above. Always wash hands before & after all food handling procedures.

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