

*Sons of Norway  
Vennelag 513*

# Frokost 2019

*Sharing our Heritage and Culture through Food*

**Saturday – October 5, 2019**

**7:30 a.m.—11:00 a.m.**

**Mount Horeb Community Center  
(Indoor Seating – Air Conditioned)**

**Everyone is welcome to this Norwegian breakfast!**

**\*BAKE SALE\***

## Menu

Almond Cake ~ Applesauce  
Berliner Kranser ~ Breads ~ Cheese  
Eggs – Hard or Soft Boiled  
Eplekake ~ Flatbrød  
Fruit Cups ~ Fry Cakes  
Heart Waffles ~ Kringla  
Krumkake ~ Lefse ~ Norsk Cookies  
Pancakes ~ Rullepølse ~ Rosettes  
Rømmegrøt ~ Salmon ~ Sandbakkelse  
Herring ~ Sliced Meats ~ Søtsuppe  
Coffee ~ Milk ~ Juice

**\$15 per person**

**\$6 for Children 10 & Under**

**NO RESERVATIONS NEEDED  
Carry-Outs Available**

**For further information:**

[rsderke@gmail.com](mailto:rsderke@gmail.com)

(608) 220-7565

[www.sonsofnorwaymthoreb.org](http://www.sonsofnorwaymthoreb.org)



**107 N. Grove Street — Mount Horeb, WI  
(1/2 block off Main Street – Behind  
Duluth Trading)**