



Sons of Norway - Vennelag Lodge presents

# Høst Frokost 2024

**Norwegian Breakfast and Bake Sale**

*Sharing Our Heritage and Culture Through Food*

**Saturday – October 5, 2024**

**7:30 am – 11:00 am**

**Mount Horeb Community Center**

**107 N Grove St**

**½ Block off Main St – Behind Duluth Trading**

**(Indoor Seating – Air Conditioned)**

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

## Menu

Almond Cake ~ Applesauce  
Breads ~ Cheese  
Eggs – Hard or Soft-Boiled  
Fry Cakes ~ Fresh Fruit  
Heart Waffles  
Herring ~ Kringle  
Krumkake ~ Lefse  
Norsk Cookies ~ Rullepølse  
Rosettes ~ Rømmegrøt  
Salmon ~ Sandbakkelse  
Sliced Meats ~ Søtsuppe  
Coffee ~ Milk ~ Juice

**\$15 for Adults, \$10 for 7-12 Years & No Charge Under 6**

**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)