



Monitor Lodge # 218

VASA Order of America

Swedish-American Fraternal Organization
featuring Swedish food, language, culture and camaraderie

Julbord – traditional Smörgåsbord – Midsommar
celebrations – Sillfrukost – Lucia Program --
Kräftskiva – and more

We meet once every month except July, usually on Friday
evening or on Saturday mid-day

Our official meeting place is at the IOOF Hall, 1831 Howe
Ave (at Alta Arden) in Sacramento, California

Contacts:	916-482-9762
Chuck Johnson	916-416-1144
Ed Netzel	916-801-7580
Yvonne Magneheim	

www.monitorlodgesacramento.org



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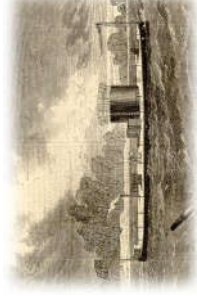
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Swedish Pancakes

Pannkakor

(family size recipe)

- 4 eggs
- 3 tbsp. sugar
- 1 tsp. salt
- 2 cups milk
- 1 cup flour

Put in blender and beat well. Use Swedish pancake pan to make dollar size pancakes. Otherwise use regular frying pan with some melted butter and pour a thin layer of batter to make one large crepe. Roll them up and serve with melted butter, powdered sugar, and berry syrup or lingonberries.



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