### Instructions:

- **Crumble Topping**
  - 1/2 cup rolled oats
  - 1/2 cup oat flour
  - 1/2 cup sugar of choice
  - 1/2 tsp each: cinnamon and salt
  - 1/2 cup rolled oats, diced small (optional)
  - 1/2 cup raisins (optional)

- **Filling**
  - 4 cups peeled apple, sliced thin
  - 1 tbsp pure honey, pure maple syrup or agave
  - 1/2 cup raw walnuts, diced small (optional)
  - 1/4 cup oil, or butter spread
  - 2 tbsp. water

#### Healthy Apple Pie

**Ingredients:**

- **Crust**
  - 1 1/3 cups oat flour
  - 1/4 cup sugar of choice
  - 1/4 tsp each: cinnamon and salt
  - 1/4 cup oil or butter spread
  - 1/4 tsp each: cinnamon and salt

1. Preheat oven to 350°F, line the bottom of an 8-inch springform with parchment, and set aside.
2. In a large mixing bowl, combine all dry crust ingredients, then stir in the oil and water to make a dough. Transfer to the prepared pan, press down hard, and bake 12 minutes on the center rack.
3. Toss the apple and sweetener in a medium bowl, then sprinkle the crumble evenly over the baked crust.
4. In a third bowl, combine all crumble ingredients.
5. Sprinkle the crumble evenly over the apples.
6. Bake 1 hour or until apples are soft and tender.
7. Allow to cool 20 minutes before removing the springform.

**Crumble Topping**

- Roasted Red Potatoes
- Mixed Vegetables

**Filling**

- Whipped Potatoes & Gravy
- Steamed Corn

1. Einstein was supposedly slow to talk—stating that he didn’t start speaking until the age of 3.
2. When Einstein was 5 years old, he was mesmerized by a pocket compass that his father showed him. “What force exerted itself on the little needle to make it point in a single direction?”
3. Einstein played the violin most of his life, finding the instrument enjoyable only after hearing the music of Mozart.
4. Einstein was asked to become the second president of Israel but declined the offer. Einstein stated that he lacked the "natural aptitude and the experience to deal properly with people."
5. Einstein loved sailing, even though he wasn’t very good at it—his neighbors on Long Island frequently had to help him right his capsized boat.
6. Part of Einstein’s charm was his disheveled look. In addition to his uncombed hair, one of Einstein’s peculiar habits was to never wear socks.
7. Einstein co-invented a refrigerator (with his former student Leo Szilard) that operated on compressed gases. The Einstein-Szilard refrigerator was patented in 1930 but was soon overshadowed by Freon-based compressors that were more efficient, but more damaging to the environment.
8. ‘Albert Einstein’ is an anagram of ‘Ten elite brains’. 

### Mon March 9

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**Monday March 9**

- **Soup of the Day**: Beef Barley Soup
- **Entrées**: Plated Fried Chicken Qiche
- **Desserts**: Carrot Cake

**Tuesday March 10**

- **Soup of the Day**: Cabbage Taco Soup
- **Entrées**: Open Faced Hot Roast Beef Sandwich
- **Desserts**: Chocolate Cream Puff Dessert

**Wednesday March 11**

- **Soup of the Day**: Turkey Noodle Soup
- **Entrées**: Meatloaf
- **Desserts**: Pumpkin Bars

**Thursday March 12**

- **Soup of the Day**: Chicken Enchilada Soup
- **Entrées**: Spaghetti and Meatballs with Breadstick
- **Desserts**: Lemon Meringue Pie

**Friday March 13**

- **Soup of the Day**: Ham & Bean Soup
- **Entrées**: Shepherd’s Pie
- **Desserts**: Yellow Cake with Chocolate Frosting