

# foodie

NewBridge



It's time for the annual F&B holiday party on Saturday, the 25<sup>th</sup>. The entire F&B staff would like to extend a warm thank you to the community for a great year full of wonderful moments and memories. As in years past, Centro will be offering a buffet for the night of the 25<sup>th</sup> in order for all staff to be able to change and attend the party. Again, our thanks to all for a wonderful year.

February 1st, 2020



Centro Online Reservation system project is ending on February 3<sup>rd</sup>.

While some found the system acceptable, the majority of the community has found the system to be frustrating. Centro reservations can still be made via the hostess or leave a voicemail at x4-9207. A large thank you all the residents for allowing us to try something new, but an especially big thank you to Jerry Naditch for his help with getting the link established on the resident web page.



Support your heart by eating healthy. A balanced, nutritious and complete diet ensures and promotes heart health. Furthermore, a proper diet can help reduce the risk of heart complications, such as heart disease. You are also less likely to suffer from heart attacks if you follow a healthy diet that includes plenty of fruits and vegetables, whole foods, and a minimum amount of processed foods.

Here are some great choices for a Heart Healthy diet:

1. **Oatmeal**-High soluble fiber helps reduce cholesterol levels.
2. **Soy**-Soy contains low levels of fat and cholesterol yet is high in fiber, vitamins and minerals.
3. **Dark Chocolate**-Eat dark Chocolate with at least 70% cocoa. High in antioxidants and a little bit goes a long way.
4. **Green Tea**-Drinking one cup a day can reduce cardiovascular issues, strokes and heart complications.

# Culinary Question of the Week

**Is there a theme for an event that you would like to see?**

Please send your answers to [joeljones@hsl.harvard.edu](mailto:joeljones@hsl.harvard.edu) or leave a voicemail with your response to x 4-9120.

## **Responses to Last Week's Question:**

Is there a theme for an event that you would like to see?

Most Common Answer  
**More big events like Dinner en Blanc**

## **Nosh Restaurant Hours of Operation**

**Sunday-Friday**  
11:30am-7:30pm

**Saturday**  
11:30am-7pm

## **Centro Restaurant Hours of Operation**

### **Sunday Brunch**

10am-1:30pm

### **Monday**

4:45pm-8pm

### **Tuesday-Saturday**

Lunch 11:30am-1:30pm

Dinner 4:45pm-8pm

### **Nosh Dinner To-Go**

Available Monday-Friday & Sunday

Leave a detailed message at X4-9128 anytime till 3pm

After 3pm please call the Nosh Counter at X4-9101

Pick-up Available from 5:30pm to 6pm  
Deliveries available 5pm to 6pm or after 7pm

### **Centro Dinner To-Go X4-9207**

#### **Early Ordering**

Orders must be placed by 4:30pm  
Pick up/Delivery 5-5:30pm

Copper Beech Buffet will be available during this time

#### **Late Ordering**

Orders must be placed by 6:30pm  
Pick up/Delivery 7pm-8pm  
Copper Beech Buffet will NOT be available during this time