

Today's Menu – September 11, 2019

Southwest Corn Chowder

Caramelized Onions, Carrots, Celery, Corn, Creamed Corn, Red and White Potatoes, Red and Green Bell Peppers, Roasted Garlic, Chicken Stock, Milk, Cream, Smoked Paprika, Parsley

Mac & Cheese Au Gratin with Tavern Ham

Elbow Pasta, Onions, Butter, Flour, Milk, Cream, Cheddar Cheese, Garlic, Roasted Tavern Ham, Parsley
Bread Crumbs and Parmesan Cheese

Chile Verde and Spanish Rice

Slow Braised Pork in Tomatillo Sauce
Spanish Rice

Roasted Carrots with Cumin and Agave
Roasted Red and Green Bell Peppers and Onions

Chicken Salad

Chicken Breasts, Legs, and Thighs, Granny Smith Apples, Grapes, Craisins, Red Onions, Celery, Yogurt, Mayonnaise, Parsley

Green Salad

Mixed Greens, Red and Green Cabbage, Radicchio, Craisins, Toasted Walnuts, Carrots, Tomatoes, Garbanzo Beans, Red Onions
Balsamic Vinaigrette

Pineapple Aloha Cake

Powdered Sugar Glaze

Produce Donated by the Terrace Foundation and Tutti Frutti Farms

Bread Donated by Ethnic Breads and Panera

ALOHA

Aloha is the Hawaiian word for love, affection, peace, compassion and mercy, that is commonly used as a simple greeting but has a deeper cultural and spiritual significance to native Hawaiians. The word is found in all Polynesian languages and always with the same basic meaning of "love, compassion, sympathy, kindness." History books are not clear on when the "Aloha" expression entered the Hawaiian vocabulary, but several sources date it back to the end of the 18th century. For those who follow the path of Huna, or are fortunate enough to live in Hawai'i, it is common to use the word Aloha. Aloha is used in a combination with other words, such as Aloha Kakahiaka, which means good morning; Aloha Auinala, which means good afternoon; and Aloha Ahiahi to wish good evening in Hawaiian. The literal meaning of Aloha is "the presence of breath" or "the breath of life." It comes from "alo," meaning presence, front and face, and "ha," meaning breath. Aloha is a way of living and treating each other with love and respect. Its deep meaning starts by teaching ourselves to love our own beings first and afterwards to spread the love to others. According to the old kahunas (priests), being able to live the Spirit of Aloha was a way of reaching self-perfection and realization for our own body and soul. Aloha is sending and receiving a positive energy. Aloha is living in harmony. When you live the Spirit of Aloha, you create positive feelings and thoughts, which are never gone. They exist in space, multiply and spread over to others.



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Food From The Heart



“My kitchen floor is sticky, and I had to do something about it. So, I finally went out and bought some slippers.” - Sarah Silverman

“Have you any idea how many kids it takes to turn off one light in the kitchen? Three. It takes one to say, “What light?” and two more to say, “I didn’t turn it on.” - Erma Bombeck

“Part of being an adult is telling stories to your parents and no longer skipping over the parts that were illegal.”

“Having a teenager is like having a cat that only comes out to eat, and hisses if you try to pet it.”

“The most expensive vehicle to operate, by far, is the Costco shopping cart.”