



The Scoop

New Reservation System — Libro

We are excited to announce the new reservation system, Libro, has been implemented and is now available for use. Please click this [link](#) to make your reservation for the JDR or Fireside. Please make only one reservation per meal period or else the second reservation will override your first reservation.

If for any reason you are unable to keep your reservation, please remember to cancel at least 1 hour prior to your reservation time. To cancel your reservation, call extension 7645. This will allow us enough time to accommodate those on the waitlist and ensure all residents have a chance to dine in person.

Online Ordering

Curious about online ordering? Join Daniel Ghidey's class on Monday, March 11 from 11:00 a.m. to 12:15 p.m. in the Board Room to learn how to navigate the online ordering system. Reserve your spot by signing up in the Resident Business Center starting March 1.



Easter Brunch

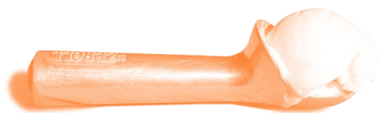
Join us for a special Easter brunch on Sunday, March 31! Reservations will open at 9:00 a.m. on Friday, March 22 by calling ext. 7645. Our delicious menu will include a variety of options such as lamb, ham, a vegetarian tart, salmon, and an array of sides and breakfast selections. Don't miss out on this festive feast - make your reservation soon!



New Team Member — Edwin

We are excited to announce our new Lead Cook Supervisor, Chef Edwin Longbraghtly! Join us in giving him a warm welcome to the community. Edwin is a lover of Italian cuisine, especially pizza. We can't wait to see all the delicious creations he brings to the table!





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National Nutrition Month

Focusing on your protein intake is a great way to celebrate National Nutrition Month! Most people need about 20–30 grams of protein per meal. Meet those needs by trying one of the breakfasts below:



- **Veggie Omelet** - two egg omelet with vegetables and cheddar cheese (21 grams of protein)
- **Cottage Cheese Breakfast Bowl** - 1 cup of cottage cheese, 1 oz. chia seeds, fresh fruit (32 grams of protein)
- **Green Fruit Smoothie**- 1 banana, 1 cup of spinach, ½ cup of Greek yogurt, ½ cup of milk, 6 strawberries, 1 tbsp. of peanut butter (20 grams of protein)

To hear more about this topic, join the Goodwin Living Dietitians at the first Wellness Lecture Series that features the physical dimension of wellness on March 12 at 2:00 p.m. in the GHBC Auditorium.



Tournedos of beef - petite filet - were delicious a few weeks ago, as were the crab cakes.

Last weekend, crab stuffed snapper was also good. It is worth every penny to have such a beautifully presented, delicious meal in Fireside.

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Wonderful Kale Salad: filling, crunchy, and nutritious. I look forward to enjoying it again this coming week!

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I love most of your soups but the heartbeat soup on Valentines Day was a top winner! We also enjoyed the pasta and seafood on Valentines Day.



The Asian Style Pork Chops and Sesame Noodles were very flavorful but both were exceedingly dry. I hope to see a more moist version of these back on a future menu.

Thank you for your feedback. We will review the recipe for the Asian Style Pork Chops and Sesame Noodles to see how we can improve the moisture in those dishes.

