

# La Comida de California



**Service Hours**

**Stevenson House: 11:15-12:15**

**Masonic Center: 11:45-12:15**



## Staff of the Month

Meet Candelario! He is our head chef who makes all the the delicious food. Although he was born and raised in Sinaloa, Mexico, he got his first big opportunity after moving to the US in '93 – making pizzas in an Italian restaurant with his brother. He has been working at La Comida for over a year now. We know we are just as eager to taste more of his recipes as you are!



**Candelario Sanmangioz**

## Check Us Out!

**Website:**  
Lacomida.org

**Facebook:**  
facebook.com/LaComidadecalifornia

**Yelp:**  
**Stevenson House** - yelp.com/biz/la-Comida-palo-alto-2

**Masonic Center** – yelp.com/biz/la-Comida-at-Masonic-center-palo-alto

## Welcome!



You turned in your survey and we listened! La Comida has missed seeing those smiles behind your masks!

We are enthusiastic about starting our newsletter to safely reconnect with you from a distance. Since quarantine has begun, La Comida has gone through many changes – from serving an average of 180 patrons to 300 patrons daily; closing our Cubberley location and beginning deliveries at Lytton Gardens Apartments and Palo Alto Housing; and hiring another kitchen aide. We have been working hard to make sure you get the nutritious meals you love!

We intend for our newsletter to let you know more about us, what we are up to, resources seniors should know about, and to help put a smile on your face during these challenging times.

## Did You Know?

**Sourcewise** is an organization that aims to act as a source of information all adults and their families may need. If you feel you are in need of a service, contacting **Sourcewise** is a good start to help point you in the right direction. Call 408-350-3200 for guidance.

## Featured Foods:



**Tex-Mex Lasagna** – When a traditionally Mexican and American cuisines are combined to make one, it is referred to as “Tex-Mex.” Chili powder, cumin, and garlic are the star of the show to give this Italian cuisine a Mexican cuisine taste.

**Chicken Cordon Bleu** – This is a Swedish dish made of breaded chicken breasts pounded thinly and cheese.



## Funny Corner

1. Never thought my hands would one day consume more alcohol than my liver.
2. Quarantine seems like a Netflix series - just when you think it is over, they release the next season.
3. Not even in my wildest dreams did I Imagine myself entering a bank, wearing a mask, and asking for money.

# 加利福尼亚拉盖米达



**服务时间**

史蒂文森之家 (Stevenson House):  
11:15-12:15  
美生堂 (Masonic Center): 11:45-12:15



## 本月员工

来认识坎德拉里奥！他是我们的主厨，制作所有美味的食物。尽管他在墨西哥的锡那罗亚 (Sinaloa) 出生和长大，但在93年移居美国后，他获得了自己的第一个重大机会 - 就是与他的兄弟在一家意大利餐厅做比萨。他已经在拉盖米达工作了一年多。我们知道我们和您一样渴望品尝他的更多食谱！



**Candelario Sanmangioz**

## 留意我们

网址:  
[Lacomida.org](http://Lacomida.org)

脸书:  
[facebook.com/LaComidadecalifornia](https://facebook.com/LaComidadecalifornia)

Yelp:  
史蒂文森之家 - [yelp.com/biz/la-Comida-palo-alto-2](https://yelp.com/biz/la-Comida-palo-alto-2)

美生堂 - [yelp.com/biz/la-Comida-at-Masonic-center-palo-alto](https://yelp.com/biz/la-Comida-at-Masonic-center-palo-alto)

## 欢迎！



我们听了您交回调查问卷的意见！拉盖米达想念您戴上口罩背后的微笑！

我们热衷于启动新闻通讯，安全地与您重新建立联系。自疫情隔离开始以来，拉盖米达经历了许多变化 - 从服务平均每天180位食客增至每天300位食客；关闭了我们的 Cubberley 办事处，并开始 Lytton Gardens公寓和 Palo Alto住房送餐；及雇用另一个厨房助手。我们一直在努力确保您得到您会喜欢的营养餐！

我们打算从我们的通讯让您能更认识我们，我们在做什么，长者应该了解的资源，并在这些充满挑战的时刻能帮助您露出微笑。

## 你知道吗？

Sourcewise 是一个旨在提供所有成年人及其家人可能需要的信息来源的组织。如果您觉得需要服务，请致电 408-350-3200 与 Sourcewise 联系以寻求指引。

## 特色食品



Tex-Mex 烤宽面条 - 组合墨西哥和美国的传统美食为一 - 被称为“Tex-Mex”。辣椒粉，孜然和大蒜是这道菜的灵魂，为这款意大利菜带来墨西哥菜的味道。

奶酪鸡排 - 这是瑞典菜，由裹成薄片的鸡胸肉和奶酪捣碎而成。您可能已经在菜单上注意到它旁边的一个盐瓶，这是因为估计其钠含量高于我们的其他餐项。



## 有趣的角落

1. 从来没有想过我的手会一天比我的肝脏消耗更多的酒精
2. 隔离似乎就像是Netflix系列。当您认为快要结束时，他们便播放下个季节。
3. 即使在我最疯狂的梦中，我也想不到自己进入了银行，戴着口罩，和要钱。