

Our Dining Venues

Live Healthy



Owl Hill Bistro

High Learning & Wellness Center, Crossings
Monday-Saturday 11:00 am - 1:30 pm
Wednesday-Friday 4:30 - 6:30 pm

Winter Daily Menu Features

Turkey Rachel Sandwich • Chicken Salad on Croissant • Salmon Caesar Wrap • Bistro Steak Sandwich • Roasted Vegetable Flat Bread • Buffalo Chicken Flat Bread • Grown-up Grilled Cheese

We welcome residents, employees and outside guests.

For pick-up and delivery call ext. 3574.



Garden Room Café

Breakfast 7:00-9:30 am
Lunch 11:00 am-1:30 pm
Supper 4:00-6:30 pm

The Community Table is Back

Every Thursday at lunchtime in the Garden Room there is a community table hosted by residents. Come join the table and meet someone new!

For pick-up and delivery call ext. 3048.

Dogwood Café

The new Dogwood Café is open to all residents, guests and staff.

Monday-Friday
11 am-1:30 pm

Soups, sandwiches, salads, burgers & more!

Check Café signage and SharePoint for daily menus.



Breakfast Sandwiches Are Here!

We are offering made-to-order breakfast sandwiches and other breakfast items in the Dogwood Café, weekdays 7:30-9:00 am.

Potassium and Heart Health

February is American Heart Month, a good time to reflect on heart health and ways to support our heart with nutrition. One of the key nutrients for heart health is potassium.

Potassium is considered a mineral and electrolyte our body uses to maintain fluid balance, support normal blood pressure, and contract muscles.

Consuming a diet high in potassium foods is relatively simple if you enjoy fruits and vegetables, as most contain potassium.

Bananas are commonly recommended for increasing potassium. However, there are other foods with higher potassium than a medium banana: baked potato (1 medium), sweet potato or yam (1 cup), acorn squash (1 cup), spinach (1 cup), plantains (1 cup), broccoli rabe (1 cup), white beans (1/2 cup), cantaloupe (1 cup), prune juice (1 cup), kiwi (1 cup), plain yogurt (1 cup) and clams.

Fastnacht Day

Tuesday, February 21

7:30 a.m. until they are gone!

All Landis Homes residents and team members are welcome to one free fastnacht. Additional fastnachts may be purchased for \$1.50 each. Gluten free options will be available in the Bistro mid-morning.



Contact Us

Daniel McClain, Director of Dining Services
DMcClain@landis.org | 717.381.3587

Special Event Reservations
Brenda Lefever | ext. 3223

Catering Requests
Willie Arnold | ext. 3069



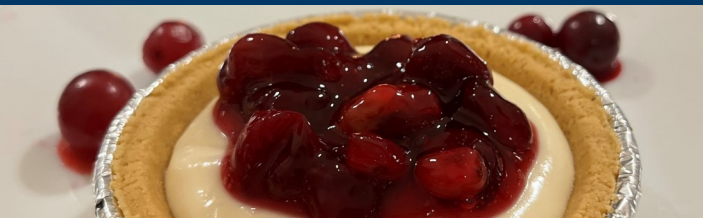
Dining Services at

Landis Homes

February

2023





Owl Hill Bistro Featured Dishes

January 30 - February 4

- Lunch Fig Glazed Pork Tenderloin
- Supper Barbequed Spiced Mahi Mahi with Cucumber Mojo
- Sandwich Grilled Chicken Flatbread with Charred Tomatoes and Balsamic Drizzle

February 6-11

- Lunch Turkey Cutlet with Walnut and Cherry Glaze
- Supper Gambian Peanut Stew
- Sandwich Pulled Turkey Hoagie with Roasted Vegetables

February 13-18

- Lunch Salmon with Dijon Cream Sauce
- Supper Braised Beef with Mushroom Demi Glace
- Sandwich Shrimp Salad on Multigrain Roll

February 20-25

- Lunch Grilled Pork Medallions
- Supper Chili-Lime BBQ Brisket
- Sandwich Turkey, Bacon, Wasabi Aioli on a Croissant

Encore!

Friday, February 3 ~ 4:30-6:30 pm
The Owl Hill Bistro will once again be serving an À La Carte Dinner with Fred Kiemle's piano music to follow in the High Foundation Auditorium. Prices à la carte.

See full menu in Landis Homes News. Reservations requested, call ext. 3223.



Lunch Highlights (11:00 am - 1:30 pm)

- Monday, Feb. 6: Chicken Croquettes
- Friday, Feb. 10: French Onion Pork Loin
- Thursday, Feb. 16: Beef Burgundy
- Tuesday, Feb. 21: MARDI GRAS! Jambalaya, Shrimp & Cheesy Grits, Beignets and more
- Saturday, Feb. 25: New York Strip Steak
- Tuesday, Feb. 28: Seafood Newburg

Supper Highlights (4:00 - 6:30 pm)

- Tuesday, Feb. 7: Chicken Corn Casserole
- Saturday, Feb. 11: Battered Fish & Chips
- Sunday, Feb. 12: SUPER BOWL PARTY!
Pizza, Wings, Nachos and Cheese Fries
- Thursday, Feb. 16: Beef Lasagna
- Monday, Feb. 20: Ham & Cheese Calzone
- Sunday, Feb. 26: Panko Crusted Pork Chops



Valentine's Day Dinner

Tuesday, February 14
Azalea Room ~ 4:30-6:30 pm

Choice of Appetizers
Classic Spinach & Artichoke Dip
Tomato Caprese Terrine

Soup or Salad
Winter Citrus Salad
Charleston Style She-Crab Soup

Choice of Entrées
Beef Tenderloin Fillet Oscar Style
Grilled Atlantic Salmon
Grilled Greek Style Lamb Chops

Desserts
Blood Orange Napoleons
Salted Caramel-Chocolate Tart
New York Style Cheesecake

\$24.95 per person
Reservations required, call ext. 3223.



Meet Matt Glass

Matt Glass has been Bistro Manager since July 2022. In that role, he manages the retail aspects of the Owl Hill Bistro and the new Dogwood Café,

supporting front of the house operations and cooking as needed. His job is to make sure everything runs smoothly in those areas.

Matt appreciates the friendliness of the residents at Landis Homes and says he has never cooked for a nicer group of people. He is very happy to be part of making their day better with the food that is served.

Before coming to Landis Homes, Matt worked at another senior care facility, StoneRidge Poplar Run in Myerstown.

Outside of work, Matt enjoys spending time with his two boys, ages 6 and 8.

FLAVORS
365

Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

Beets are featured all month in our venues.

Join us for our Beet Cooking Demonstrations

This month's hero!