



Depot Café

Serving the Lake County area since 1936

March, 2018

Chef Joe's Dinner Specials March

Deep Fried Haddock

Flaky Whitefish fillets breaded and deep fried to a golden brown. Served with french fries and cole slaw.

Tenderloin Stroganoff

Filet mignon medallions broiled and topped with whole mushrooms and sour cream sauce served on a bed of egg noodles.

Chicken and Rock Shrimp Orleans

Boneless breast of chicken broiled with rock shrimp in a creamy Cajun Alfredo sauce garnished with green onions served over a bed of fettuccini.

Cheese Tortellini

Dumpling pasta filled with a blend of Italian cheeses and served in our homemade sauce with your choice of meatball, sausage, meat sauce or mushrooms.



Stop to see us for Lenten specials

We now take all major credit cards!



Daylight Savings Time
March 11
Don't forget to adjust your
clocks.



St Patty's Day
Saturday, March 17, 2018
Serving Corned Beef All Day!

Prepared especially for you by
Chef Joe McColumbo



*The newsletter is available on our website at:
www.silvestrosdepotcafe.com*

Deep Thoughts

By Jerry Silvestro

Hi Friends and Neighbors,

Here we go rolling into March! Baseball season less than thirty days away! Soon the red, red robins will be bob, bob, bobbin along and the crocuses (Crocis?) will be croakin? Sunny, warm days are to follow which means time to get that beach body in shape. Some people opt for jogging or other forms of aerobic exercise such as biking (Spinning if you do it inside. Really?) I, personally, prefer anaerobic exercise which usually isn't as healthy for you but what's the point of feeling good if you don't look it?

Now, some people are intimidated by the whole health club thing. At one point that was understandable. Heavy weights clanking. People grunting, sometimes even screaming, chalk dust wafting through the air. Sweating.

Well, those days are gone. Allow me to introduce you to the new etiquette in today's modern clubs.

First, there is the parking. Proper procedure for parking at a club is to jockey for position to attempt to acquire the closest spot to the door. The reason for this is to shorten your walk to conserve your energy in order to take full advantage of the convenience of walking on the treadmill or stepping on the stepper. Then, there is acceptable dress. For the gentlemen, hoodies are the order of the day. Also, mandatory is that you wear the hood. Said hoodies also should have some inspirational message like 'Warning: These Guns are Loaded.' Or 'Pain is Weakness Leaving Your Body.' Tights on men are acceptable only if you wear shorts over them. For the ladies (Is it still socially acceptable to say 'Ladies?') Yoga pants are the absolute only option. They have to be painted on tight in order to be the proper fit. I am told this is for proper compression. OH.

We now come to essential equipment. In the last few years, this has become much easier. In the bad old days there were weight belts, straps, braces, gloves, etc. Today that has been replaced by one thing. Your phone. The phone is necessary in order to do numerous tasks such as listening to music, texting friends while you sit on the bench press for those ten minutes that you rest between sets and taking selfies of yourself working out.

Cleanliness is a major part of today's health club experience. There are now hand sanitizer dispensers located every two feet along with spray bottles with disinfectant and paper towels readily available to completely scour the equipment after your filthy, bacteria infested body uses it.

As you exit the gym, make sure you avail yourself of many supplements that are on sale at the front desk. I mean if it's called 'Muscle Milk' or 'Blind Rage' it has to be good for you, right?

Yes, this is fitness for the new generation. Is that Paige Palmer, Jack LaLanne and Charles Atlas I hear weeping?

Stay well and God Bless!



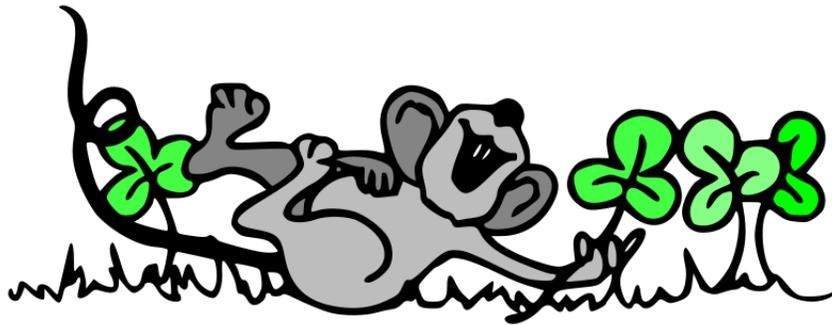
Cleveland's St. Patty's Day Parade, 2018



"Prominent Irish Pioneers of the 20th Century"

Mark Your Calendars

The 2018 Parade is on **Saturday, March 17** at
1:04pm.



Take the Trivia Challenge

Each month we'll give you a new trivia question. Bring or mail in your entry. The first 10 people to answer correctly will be in the drawing to win a dinner certificate worth \$15.00. **February's winner, Lillie Savel**, knew *the top selling American whiskey in the world, Jack Daniels, is manufactured in Tennessee.* She has received a dinner certificate worth \$15.00.

Why does a leprechaun wear green?

- 1) He loves the color
- 2) A form of camouflage
- 3) He felt it was lucky
- 4) It's the only dye available at the time for cloth

My Answer: _____

Name: _____

Address: _____

City, State, and Zip: _____

A STUNNING SENIOR MOMENT

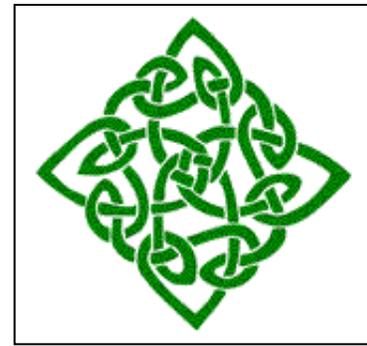
A self-important college freshman walking along the beach took it upon himself to explain to a senior citizen resting on the steps why it was impossible for the older generation to understand his generation. "You grew up in a different world, actually an almost primitive one" the student said loud enough for others to hear. "The young people of today grew up with television, jet planes, space travel, man walking on the moon. We have nuclear energy, ships and cell phones, computers with light speed....and many more.

After a brief silence, the senior citizen responded as follows. "You're right son. We didn't have those things when we were young.....so we invented them. Now, you arrogant little sh*t what are you doing for the next generation? The applause was amazing!

*May the saddest day of your future be no worse than the
happiest of your past.*



Silvestro's Depot Café
470 Railroad St.
Painesville, OH 44077



Visit us after the parade for some great
corned beef or slow roasted prime rib!!

*Everybody's Irish on
St. Patty's Day!*



INSIDE...
Dinner Specials for March



**Deep Thoughts from
Jerry Silvestro**



Win a Free Dinner

Dining Room Hours

Lunch

**Monday-Saturday
11:00 a.m. – 2:00 p.m.**

Dinner

**Monday – Thursday
4:00 p.m. – 9:00 p.m.**

**Friday and Saturday
4:00 p.m. – 10:00 p.m.**

Sunday

1:00 p.m. – 8:00 p.m.

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