

Local's Favorite for Mother's Day for Over 41 Years



Enjoy Outdoor Dining on our NEW River Deck
386.345.3397 | GOODRICHSEAFOODANDOYSTERHOUSE.COM | 253 RIVER ROAD, OAK HILL, FL

NEW WATERFRONT PAVILLION

All Food Homemade and cooked to order & Great Daily Specials

Gift Certificates Available

Desserts on the Waterfront

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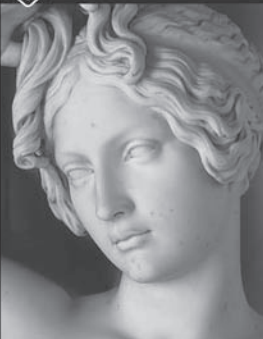
BREAKFAST SERVED FROM 7AM TILL 11AM

TUE. - FRI. 7AM - 9PM • SAT. 7AM - 9PM • SUN. 7AM - 5PM



Call Ahead for 8 or More

THE ILLUSTRATED BIBLE



I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

ROMANS 12:1

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Comfort foods

Made fast and healthy



by Healthy Exchanges

Sneaky Meatloaf

Sneak some veggies past the kids with this easy meatloaf.

- 1 cup fresh shredded spinach leaves, stems removed and discarded
- 1 cup shredded carrots
- 6 tablespoons dried fine breadcrumbs
- 1/4 cup grated reduced-fat Parmesan cheese
- 1 egg beaten, or equivalent in egg substitute
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 2 teaspoons Worcestershire sauce
- 1/8 teaspoon black pepper
- 1 pound extra-lean ground turkey or beef

1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.

2. In a large bowl, combine spinach, carrots, breadcrumbs, Parmesan cheese, egg, 1/4 cup tomato soup, Worcestershire sauce and black pepper. Add meat. Mix well to combine.

3. Pat mixture into prepared loaf pan. Spoon remaining tomato soup over top. Bake for 55 to 60 minutes.

4. Place loaf pan on a wire rack and let set for 5 minutes. Divide into 6 servings. Freezes well.

* Each serving equals: 196 calories, 8g fat, 16g protein, 15g carb., 374mg sodium, 2g fiber; diabetic exchanges: 2 1/2 meat, 1 starch, 1/2 vegetable.

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MANNY'S BEACHSIDE
Pizza and Spaghetti House
Open at 7am

Breakfast • Lunch • Dinner

BREAKFAST SPECIALS | **Treat Mom to a Mimosa**
Closed Mondays / to re-open Mon., May 28th

DAILY LUNCH SPECIALS - Until 3pm
Includes Soft Drink or Iced Tea only \$5.95

May Specials

SUNDAY: Large Pizza with one topping, 10 Wings, Pitcher of Soda, Tea or Beer \$17.95	TUESDAY: Large 3 Topping Pizza only \$10.99	WEDNESDAY: Burger Day!! \$4.99 8oz Beef Patty, Grilled on flat top. Don't forget to add your fixings!
THURSDAY: Large One Item Pizza, Medium Greek Salad, Pitcher of Beer or Soda / Tea \$17.95	FRIDAY: Baked Pasta \$5.99 Choice of Spaghetti, Baked Ziti or Stuffed Shells Served with Garlic Bread	SATURDAY: Buy Specialty Pizza Get a Salad FREE

— Specials are Dine In Only —

3318 S. Atlantic Ave. (A1A), New Smyrna Beach
Happy Mother's Day | (386) 423-5060 | \$1.25 Drafts 11am - 3pm
Beachside Delivery