



Legislator Montano Media Alert



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LEGISLATOR MONTANO AND STAFF PARTICPATE IN THE DISTRICT'S PERFECT PLATE PROGRAM



Pictured: Massiel Fuentes, Ryland Gaines, Jr. Gemma Saylor, Perfect Plate Coordinator, Legis. Ricardo Montano & Robert Martinez

NOVEMBER 7, 2011, CENTRAL ISLIP, NY–Suffolk County Legislator Ricardo Montano (D-Brentwood) and staff participated in Brentwood and Central Islip’s Perfect Plate Program while having lunch at *La Cabaña Restaurant* located at 1026 Suffolk Avenue in Brentwood.

Perfect Plates is an initiative by Mather Hospital that invites area restaurants to participate in a day-long event were the restaurants provide the same delicious menu items in reduced portions and at an accommodating price of \$5.00. The goal of this initiative is to introduce the importance of portion control in the community, which will combat obesity and heart disease.

There are a total of 16 locations both in Brentwood and Central Islip that are participating in today’s event.

Participating Restaurants (Brentwood)

- Casa Vieja* – 1768 Brentwood Road
- Comalapa* – 85 Timberline Drive
- Home Deli Corp.* – 763 Commack Road
- Flores Restaurant* – 134 Clark Street
- La Cabana* – 1026 Suffolk Avenue
- Morazan* – 26 Wicks Road
- Pine Aire Fish & Deli* – 140 Pine Aire Road
- Sea of Galilee* – 765 Suffolk Avenue
- Seaport Acajutla* – 1062 Islip Avenue
- Vinardos* - 287 Second Avenue

Participating Restaurants (Central Islip)

- Antojitos Tipicos* – 34A Wheeler Road
- Carnitas Grill* – 84 W Suffolk Avenue
- El Puente de Oro* – 1615 Islip Avenue
- Mi Encanto* – 65 Carleton Avenue
- Tango Argentinian Steakhouse* – 99 W Suffolk Ave
- Viva Mexico* – 34 Carleton Avenue

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