Remembrance of a Dream: Martin Luther King Jr. Day

Martin Luther King was an important civil rights activist. He was a leader in the movement to end racial segregation in the United States. His most famous address was the "I Have A Dream" speech. He was an advocate of non-violent protest and became the youngest man to be awarded the Nobel Peace Prize. He was assassinated in 1968.

Source: https://www.howstuffworks.com/holidays/en/martin-luther-king-day

Sodexo’s Quick Lunch

This program was designed to help meet the needs of those students that don’t have time to come through Sodexo to eat in the limited time they have during mid-day. Should you order the "Quick Lunch", you will not be able to gain access into Sodexo, for another lunch meal.

For more details go to: https://sites.imsa.edu/studco/takeout/

Religious and cultural events celebrated January 26th to the 30th

Monday, 26
Anniversary Day - Auckland, New Zealand
Duarte Day (Dominican Republic) - Remembrance of Juan Pablo Duarte (1813-76), founder of Dominican Republic.
Independence Day (Australia)
Republic Day (India) - When the Constitution of India came into force in 1950.

Tuesday, 27
UN International Day of Commemoration in Memory of the Victims of the Holocaust.

Friday, 30
Greek Education Day - Anniversary for St. John Chrysostom, St. Basil and St. Gregory the Great being honoured for ancient knowledge.
Independence Day (Nauru) - Celebrating the date in 1940 the smallest republic in the world got its independence from Australia.

Monthly Dinner
On January 29th, join Sodexo’s Super Bowl themed monthly dinner!

Grilled Corn, Avocado and Tomato Salad with Honey Lime Dressing

Ingredients:
1 pint grape tomatoes, 1 ripe avocado, 2 ears of fresh chopped cilantro, Honey Lime Dressing, Juice of 1 Lime, 3 tsp spoon vegetable oil, 1 tsp spoon of honey, Sea salt and fresh cracked pepper to taste, 1 minced clove garlic, and a dash of cayenne pepper

Directions
Remove husks from corn and grill over medium heat for 10 minutes. The corn should have some brown spots and be tender and NOT mushy. Cut the corn off the cob then scrape the cob with the back of your knife to get the juices. Set aside and let cool. Slice the tomatoes in half. Dice the avocado and chop the cilantro.

Honey lime dressing
1. Add all the dressing ingredients in a small bowl and whisk to combine. Set aside.
2. Combine the sliced tomatoes, avocado, cilantro, grilled corn, and honey lime dressing, then mix gently so everything is evenly coated. Be careful not to mash avocados. Let the salad sit for 10-15 minutes to let flavors mingle. [Courtesy of Larry Ellis]