



Aileen Maury Dining Hall

Monthly Menu



September

	MONDAY	TUESDAY	WEDNESDAY 1-Sep	THURSDAY 2-Sep	FRIDAY 3-Sep
SOUP:			SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
SALAD:					
ENTREES:					
HEALTHY ♥					
STARCH:					
VEGETABLE:					
DELI/WRAP:					
DESSERTS:					
	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
SOUP:	SCHOOL CLOSED	SCHOOL CLOSED	Chicken and Rice Minestrone Three Bean Salad Chicken Nuggets Meatball Subs Rissole Potatoes Vegetable Medley Ham & Swiss Roll-Up Frozen Yogurt	Minestrone Lentil Carrot & Raisin Penne Pasta w/ Chicken & Broccoli in a Garlic Sauce Green Beans Almondine Italian Sub Graham Crackers	Split Pea Lentil Cucumber Salad Pizza Day Eggplant Rollatini Mac and Cheese Vegetable Medley Marinated Grilled Veggie Wrap Ice Cream
SALAD:					
ENTREES:					
HEALTHY ♥					
STARCH:					
VEGETABLE:					
DELI/WRAP:					
DESSERTS:					
	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
SOUP:	Cream of Mushroom Alphabet Soup Veggie Pasta Salad Baked Ziti	Texas Black Bean Cream of Mushroom Roasted Corn Salad Beef Taco Bar w/Toppings Herb Encrusted Pork Tenderloin Saffron Rice Vegetarian Tacos (Refried Beans) Marinated Grilled Veggie Wrap Vanilla Wafers	Texas Black Bean New England Clam Chowder Creamy Dill Cucumber Salad Chicken Parm Salad Nicoise Penne a la Vodka Steamed Cauliflower Pecan Chicken Salad Wrap Frozen Yogurt	Chicken Barley Soup New England Clam Chowder Tuna Macaroni Cheese Ravioli in Marinara Sauce Lemon Pepper Roasted Chicken Tuna Melt Peas & Carrots Italian Wrap Oreos	Lentil Chicken Barley Soup Grilled Vegetable Pasta Salad Pizza Day Mesclun Greens Salad & Orange Tater Tot Stars Steamed Corn Ham & Brie on Baguette Ice Cream
SALAD:					
ENTREES:					
HEALTHY ♥					
STARCH:					
VEGETABLE:					
DELI/WRAP:					
DESSERTS:					
	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
SOUP:	Italian Wedding Soup Chicken Noodle Three Bean Salad Spaghetti W/ Meat or Marinara	Manhattan Clam Chowder Italian Wedding Soup Potato Salad Cheese or Hamburgers Baked Potato Puffs Buttered Corn Roast Beef Sloppy Joe Cinnamon Rice Pudding	Manhattan Clam Chowder Alphabet Soup Carrot & Raisin Lemon Chicken Mashed Potatoes w/Gravy Green Beans Almondine Italian Sub Frozen Yogurt	Chicken and Rice Alphabet Soup Veggie Cous Cous Fusilli Pasta W/Meat Sauce Egg & Cheese on Kaiser Roll Steamed Peas It's Greek To Me Wrap Sugar Cookies	Split Pea Chicken and Rice Pesto Pasta Salad Pizza Day Eggplant Rollatini Mac and Cheese Vegetable Medley Marinated Grilled Veggie Wrap Ice Cream
SALAD:					
ENTREES:					
HEALTHY ♥					
STARCH:					
VEGETABLE:					
DELI/WRAP:					
DESSERTS:					
	27-Sep	28-Sep	29-Sep	30-Sep	
SOUP:	Tortilla Soup Cream of Carrot Veggie Pasta Salad BBQ Chicken Ratatouille Baked Potato Bar Buttered Broccoli Tuna & Swiss Roll-Up Gram Cracker Fish	Cream of Carrot Alphabet Soup Veggie Pasta Salad Baked Ziti Eggplant Rollatini Rissole Potatoes Vegetable Medley Roast Beef & Provolone Wrap Chocolate Pudding	Alphabet Soup Minestrone Three Bean Salad Chicken Nuggets Meatball Subs Rissole Potatoes Steamed Cauliflower Ham & Brie on Baguette Frozen Yogurt	Minestrone Lentil Potato Salad Chicken Cheese Steaks Tater Tot Stars Vegetable Medley Chipotle Chicken Wrap Vanilla Wafers	
SALAD:					
ENTREES:					
HEALTHY ♥					
STARCH:					
VEGETABLE:					
DELI/WRAP:					
DESSERTS:					

SERVED DAILY

SALAD BAR

Variety of Fresh Salads (3 Bean, Baby Corn, Beets, Cottage Cheese, Shredded Cheddar, Alfalfa Sprouts)

Asst. Dressings

Create Your Own Salad – Items

Daily Fresh Assortment

(Carrot Sticks – Celery Sticks

Broccoli – Cucumbers)

Variety of Yogurts (Lite and Regular, Assorted Fruits)

Cut Fresh Fruits, Whole Fruit

BEVERAGE

Poland Spring (8 or 16oz.)

Milk

Chocolate Milk

Skim

Lactose-Reduced Milk

Orange Juice

Apple Juice

Ocean Spray Cranberry Juice

Coffee, Tea, Decaf

DELI

Thumann Turkey

Thumann Ham

Hormel Salami

Oven Roasted Roast Beef

Wraps Rotated Daily

Provolone

Swiss

Muenster

American

Chicken Salad

Egg Salad

Tuna

Skippy Peanut Butter/Jelly

DESSERT STATION

Frozen Yogurt Every Wednesday

Ice Cream Cups Every Friday

Fresh Baked Item Rotated Daily

Cookies, Puddings, Granola Bar

SOUP STATION

2 Freshly Made Daily



A La Carte Thursdays



<i>SEPTEMBER 9</i>	Penne Pasta w/ Chicken & Broccoli in Garlic Sauce	\$11 PP
<i>SEPTEMBER 16</i>	Chicken Parm Over Penne a la Vodka	\$11 PP
<i>SEPTEMBER 23</i>	Beef Stroganoff Over Egg Noodles	\$12 PP
<i>SEPTEMBER 30</i>	Lobster Ravioli & Peas in Vodka Sauce	\$12 PP

**Please place all orders (by email or Telephone) by the Tuesday before
Orders must be picked up by 4 PM sharp on Thursday
For more information call Dave Pette 908-522-8149**

[Or email dave.pette@oakknoll.org](mailto:dave.pette@oakknoll.org)

Food For Thought Food Services, LLC.

Nutrient	Value	Goal	%Goal	Nutrient	Value		
Kilocalories (kcal)	717.19	664	108%	Zinc (mg)	4.163	Days: 20	
Protein (gm)	36.947	10	369%	Cooper (mg)	0.427		
Carbohydrate (gm)	100.28	68	147%	Manganese (mg)	1.053		
Fat, total (gm)	20.153	22.133	91%	Selenium (mg)	0.044		
Alcohol (gm)	0			Fluoride (ug)	103.356		
Cholesterol (mg)	104.961			Chromium (mg)	0.017		
Saturated Fat (gm)	7.027	7.042	100%	Molybdenum (ug)	15.098		<u>% of Kcals</u>
Monounsaturated Fat	6.38			Dietary Fiber, total	6.699		Protein 20%
Polyunsaturated Fat (gm)	3.578			Soluble Fiber (gm)	0.024		Carbohydrate 55%
MFA 18;1, Oleic (gm)	4.585			Insoluble Fiber (gm)	0.19		Fat, total 25%
PFA 18;2, Linoleic (gm)	2.489			Crude Fiber (gm)	1.03	Alcohol 0%	
PFA 18;3, Linolenic (gm)	0.248			Sugar, total (gm)	33.322		
PFA 20;5, EPA (gm)	0.013			Glucose (gm)	4.75	<u>Exchanges</u>	
PFA 22;6, DHA (gm)	0.057			Galactose (gm)	0.072	Breads/Starch 3.0	
Sodium (mg)	1053.74			Fructose (gm)	3.868	Fruit 1.0	
Potassium (mg)	1166.664			Sucrose (gm)	3.202	Other Carbohydrate 2.0	
Vitamin A (RE)	345.325	224	154%	Lactose (gm)	11.264	Milk – Skim	
Vitamin A (IU)	2190.623			Maltose (gm)	0.713	Milk – Low Fat	
Beta-Carotene (ug)	58.469			Tryptophan (mg)	387.039	Milk – Whole	
Vitamin C (mg)	38.35	15	256%	Threonine (mg)	1297.321	Vegetable 1.0	
Calcium (mg)	448.826	286	157%	Isoleucine (mg)	1565	Meat – Very Lean 1.0	
Iron (mg)	5.178	3.5	148%	Leucine (mg)	2572.29	Meat – Lean	
Vitamin D (ug)	2.607			Lysine (mg)	2365.593	Meat – Medium Fat	
Vitamin D (IU)	104.299			Methionine (mg)	788.286	Meat – High Fat	
Vitamin E	3.266			Cystine (mg)	384.662	Fat 1.5	
Vitamin (IU)	4.867			Phenylalanine (mg)	1369.082		
Alpha-Tocopherol (mg)	0.517			Tyrosine (mg)	1176.527		
Thiamin (mg)	0.556			Valine (mg)	1704.999		
Riboflavin (mg)	0.855			Arginine (mg)	1642.044		
Niacin (mg)	9.419			Histidine (mg)	894.127		
Pyridoxine/Vit B6 (mg)	0.708			Alanine (mg)	1511.199		
Folate (ug)	109.903			Aspartic Acid (mg)	2662.051		
Cobatamine/Vit B12 (ug)	2.095			Glutamic Acid (mg)	5878.999		
Biotin (ug)	8.606			Glycine (mg)	1254.065		
Panthothenic Acid (mg)	2.049			Proline (mg)	2050.09		
Vitamin K (ug)	16.367			Serine (mg)	1425.331		
Phosphorus (mg)	573.585			Moisture (gm)	543.686		
Iodine (ug)				Ash (gm)	6.438		
Magnesium (mg)	111.17			Caffeine (mg)	0.653		

(Sample aggregate nutrient analysis for four-week cycle menu)

