

Aileen Maury Dining Hall

Monthly Menu

February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Feb	2-Feb	3-Feb
SOUP:			New England Clam Chowder Chicken and Rice	Creamy Tomato New England Clam Chowder	Chicken Barley Soup Miso Soup
SALAD:			German Potato Salad	Tabbouleh Salad	Caesar Salad
ENTREES:			Cheese Steak Sandwiches	Stuffed Shells	Pizza Day
HEALTHY ♥					Eggplant Rollatini
STARCH:			Tator Stars	Grilled Cheese	Mac & Cheese
VEGETABLE:			Sauteed Zucchini	Buttered Corn	Steamed Carrots w/Dill
DELI/WRAP:			Roast Beef Sloppy Joe	Sesame Chicken Wrap	Tuna & Swiss Roll-Up
DESSERTS:			Frozen Yogurt	Graham Cracker Fish	Ice Cream
	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
SOUP:	Chicken Noodle Mushroom Barley	Mushroom Barley Texas Black Bean	Texas Black Bean Minestrone	Minestrone Cream of Mushroom	Cream of Mushroom Egg Drop
SALAD:	Marinated Mushroom	Pico de Gallo	Creamy Cucumber & Dill	Tomato & Fresh Mozzarella	Pesto Pasta Salad
ENTREES:	Chicken Nuggets	Beef & Bean Burritos	Chicken Parm	Bow Tie Pasta W/Meat Sauce or Marinara	Pizza Day
HEALTHY ♥	Meatball Subs	Grilled Reubens	Salad Nicoise	Sausage & Peppers	Eggplant Rollatini
STARCH:	Rissole Potatoes	Arroz Con Pollo	Penne a la Vodka	Steamed Peas	Spicy Fries
VEGETABLE:	Steamed Cauliflower	Green Beans w/ Roasted Peppers	Steamed Cauliflower W/Dill	Pecan Chicken Salad Wrap	Steamed Carrots w/Dill
DELI/WRAP:	Turkey Cobb Wrap	Chipotle Chicken Wrap	Seafood Salad Wrap	Chocolate Chip Cookies	Marinated Grilled Veggie Wrap
DESSERTS:	Granola Bars	Cinnamon Apple Sauce	Frozen Yogurt		Ice Cream
	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
SOUP:	Chicken & Rice Split Pea	Chicken & Stars Manhattan Clam Chowder	Manhattan Clam Chowder Alphabet Soup	Alphabet Soup Cream of Potato & Chive	Minestrone Miso Soup
SALAD:	Carrot & Raisin	Roasted Eggplant Salad	Potato Salad	Veggie Cous Cous Salad	Grilled Chicken Caesar
ENTREES:	Cheese Ravioli in Marinara Sauce	BBQ Chicken	Lemon Chicken	Fusilli Pasta W/Meat Sauce or Marinara	Pizza Day
HEALTHY ♥	Lemon Pepper Roasted Chicken	Ratatouille	Mashed Potatoes w/Gravy	Egg & Cheese on Kaiser Roll	Mesclun Greens W/ Oranges
STARCH:	Tuna Melt	Baked Potato Bar	Green Beans	Steamed Peas	Tator Stars
VEGETABLE:	Peas & Carrots	Steamed Broccoli Florets	Club Sandwich Wrap	It's Greek To Me Wrap	Steamed Corn
DELI/WRAP:	Curried Cous Cous Wrap	Mozzarella w/Roasted Peppers	Frozen Yogurt	Chocolate Chocolate Chip	Turkey & Swiss
DESSERTS:	Graham Crackers	Oreos			Ice Cream
	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
SOUP:		Minestrone Split Pea	Cream of Mushroom Minestrone	Cream of Mushroom Tortilla Soup	Lentil Egg Drop
SALAD:		Mesclun Greens Salad	Lomein Salad	Tuna Macaroni	Szechwan Broccoli Salad
ENTREES:		Penne Pasta W/ Chicken and Broccoli In a Garlic Sauce	Baked Ziti	Cheese or Hamburgers	Pizza Day
HEALTHY ♥	School Closed	Breakfast for Lunch/French Toast	Eggplant Rollatini		Curry Vegetable Samosa
STARCH:	Holiday	Green Beans Almondine	Rissole Potatoes	Tater Tot Stars	Shrimp Fried Rice
VEGETABLE:		Italian Sub	Vegetable Medley	Steamed Corn	Asian Vegetables
DELI/WRAP:		Sugar Cookies	Tuna & Swiss Roll-Up	Szechwan Chicken Wrap	Seafood Salad Wrap
DESSERTS:			Frozen Yogurt	Chocolate Pudding	Ice Cream
	27-Feb	28-Feb	29-Feb		
SOUP:	Italian Wedding Soup New England Clam Chowder	Chicken Barley Soup Manhattan Clam Chowder	Creamy Tomato New England Clam Chowder		
SALAD:	Three Bean Salad	Lomein Salad	Tabbouleh Salad		
ENTREES:	Spaghetti W/ Marinara or Meat Sauces	Beef Taco Bar w/Toppings	Stuffed Shells		
HEALTHY ♥					
STARCH:		Saffron Rice	Grilled Cheese		
VEGETABLE:	Eggplant Parm	Vegetarian Tacos w/ Refried Beans	Buttered Corn		
DELI/WRAP:	Mandarin Chicken Salad Pockets	Cuban Wrap	Sesame Chicken Wrap		
DESSERTS:	Vanilla Wafers	Chocolate Pudding	Frozen Yogurt		

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>February 2</i>	Guinness Stew with Cubes of Beef, Carrots, Celery, Onions and Guinness Beer	\$11PP
<i>February 9</i>	Bowtie Pasta with Broccoli Rabe, Sausage and Chicken in a Lemon White Wine Sauce	\$12PP
<i>February 16</i>	Baked Pesto Chicken over Wild Rice Pilaf and Roasted Cauliflower	\$12 PP
<i>February 23</i>	Homemade Three Cheese Baked Ziti with Eggplant Rollantine	\$11 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		<u>% of Kcals</u>
Saturated Fat (gm)	7.027	7.042	100%	Molybdenum (ug)	15.098		Protein 20%
Monounsaturated Fat	6.38			Dietary Fiber, total	6.699		Carbohydrate 55%
Polyunsaturated Fat (gm)	3.578			Soluble Fiber (gm)	0.024		Fat, total 25%
MFA 18;1, Oleic (gm)	4.585			Insoluble Fiber	0.19		Alcohol 0%
PFA 18;2, Linoleic (gm)	2.489			Crude Fiber (gm)	1.03		
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			Prolline (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)

