



ST. PAUL'S SCHOOL
Department of Food Services

* MENU *



FOR THE WEEK OF
February 25th thru March 5rd
2018



SUNDAY 2/25 CONTINENTAL BREAKFAST	MONDAY 2/26 BREAKFAST 6:45 - 8:15 a.m.	TUESDAY 2/27 BREAKFAST 6:45 - 8:15 a.m.	WEDNESDAY 2/28 BREAKFAST 6:45 - 8:15 a.m.	THURSDAY 3/1 BREAKFAST 6:45 - 8:15 a.m.	FRIDAY 3/2 BREAKFAST 6:45 - 8:15 a.m.	SATURDAY 3/3 BREAKFAST 6:45 - 8:15 a.m.
<p>7 - 9 a.m.</p> <p>Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs</p> <p>BRUNCH 9 a.m.</p> <p>Omelets/Fried Eggs to order Eggs Benedict to order Smoothie of the Day Make your own Belgian Waffles <i>Assorted Toppings</i> French Toast to order Buttermilk Pancakes - Warm Syrup Grilled Bacon Grilled Sausage Breakfast Potatoes</p> <p>CONTINUED 11 a.m.</p> <p>Soup du Jour Tossed Salad - Dressings Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit</p> <p>***All menus subject to change*** <u>Underlined items indicate "Vegetarian"</u> <i>"(v)" items indicate "Vegan"</i></p> <p>DINNER 5:30 - 7 p.m</p> <p>Soup du jour Tossed Salad - Dressings Assorted Hot/Cold Cereal <u>Pasta & Sauce</u> Asian and Brown Rice Pepperoni/Cheese Stromboli Chicken Parmesan <u>Red Beans and Rice</u> Roasted Baby Red Potatoes Sautéed Summer Squash and Onions Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Figs Squares</p>	<p>Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Vegetarian Baked Beans Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast French Toast - Warm Syrup Breakfast Potatoes Chocolate Chip Pancakes - Warm Syrup</p> <p>LUNCH 11 - 1 p.m.</p> <p>Tossed Salad - Dressings <u>Pasta & Sauce</u> Assorted Hot/Cold Cereal <u>Vegetable Barley Soup</u> Chicken Noodle Soup Italian Meatball Grinders Turkey Casserole <i>with Vegetables</i> <u>Veggie Meatball Grinders</u> Quinoa Pilaf Steamed Fresh Carrots Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Assorted Desserts</p> <p>DINNER 5:30 - 7 p.m</p> <p>Soup du jour Tossed Salad - Dressings Assorted Hot/Cold Cereal <u>Pasta & Sauce</u> Steak Tips Fresh Salmon <i>with Mango Salsa</i> <u>Aloo Matar</u> Macaroni & Cheese Fresh Whole Green Beans Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Assorted Cookies</p>	<p>Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast French Toast - Warm Syrup Grilled Bacon Grilled Sausage Breakfast Potatoes Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Tossed Salad - Dressings <u>Pasta & Sauce</u> Assorted Hot/Cold Cereal Beef Chili <u>Vegetable Chili</u> Beef and Bean Burritos Chicken Fajitas <u>Vegetable Fajitas (v)</u> Cilantro & Tomato Rice Spanish Corn Sautéed Mixed Greens Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Chocolate Cake</p> <p>DINNER 5:30 - 7 p.m</p> <p>Soup du jour Tossed Salad - Dressings Assorted Hot/Cold Cereal <u>Pasta & Sauce</u> Pork Loin <i>with Caramelized Apples & Onions</i> Lemon Pepper Baked Chicken Quarters <u>Lemon Leek Spinach & Chickpea Pasta</u> Roasted Yukon Gold Potatoes Fresh Butternut Squash Fresh Asparagus Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Assorted Pies</p>	<p>Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Vegetarian Baked Beans Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes Buttermilk Pancakes - Warm Syrup</p> <p>LUNCH 11 - 1 p.m.</p> <p>Tossed Salad - Dressings <u>Pasta & Sauce</u> Assorted Hot/Cold Cereal <u>Roasted Red Pepper Soup</u> Turkey Brown Rice Soup Chopped Sirloin Steak - Gravy Grilled Turkey, Avocado, Bacon & Tomato on Artisan French Bread <u>Pad Thai (v)</u> Coconut Mashed Sweet Potatoes Fresh Steamed Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Rice Krispie Squares</p> <p>DINNER 5:30 - 7 p.m</p> <p>Soup du jour Tossed Salad - Dressings Assorted Hot/Cold Cereal <u>Pasta & Sauce</u> Steak and Mushroom Pie Tika Masala <u>Tofu, Edamame & Bean Ragù</u> Fresh Whipped Potatoes Peas and Carrots Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Homemade Brownies</p>	<p>Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt/Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes French Toast - Warm Syrup Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Tossed Salad - Dressings <u>Pasta & Sauce</u> Assorted Hot/Cold Cereal Beef Noodle Soup <u>White Bean & Garlic Soup</u> Steak Bomb Bar Turkey Divan <u>Tofu Stir-Fry</u> Roasted Spiced Potato Wedges Stir-Fried Fresh Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Peanut Butter Squares</p> <p>DINNER 5:30 - 7 p.m</p> <p>Soup du jour Tossed Salad - Dressings Assorted Hot/Cold Cereal <u>Pasta & Sauce</u> Beef Bourguignon Chicken Cordon Bleu <u>Mediterranean Quinoa</u> Herbed Rice Pilaf Steamed Fresh Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Assorted Cookies</p>	<p>Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Vegetarian Baked Beans Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Bagel Breakfast Breakfast Potatoes Blueberry Pancakes - Warm Syrup</p> <p>LUNCH 11 - 1 p.m.</p> <p>Tossed Salad - Dressings <u>Pasta & Sauce</u> Assorted Hot/Cold Cereal <u>Green Velvet Soup</u> New England Clam Chowder</p> <p>Fresh, Local, Sustainable Seafood Catch of the Day</p> <p>Sausage and Pepperoni Pizza <u>Cheese Pizza</u> Saffron Rice Sautéed Swiss Chard Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Maple Chocolate Fudge</p> <p>FOOD COMMITTEE FRIDAY 5:30 - 7 p.m. Oliver Morton</p> <p><u>Pasta & Sauce</u> Assorted Hot/Cold Cereal Corn Chowder Buffalo Burgers Pork Schnitzel <i>Gravy</i> Flatbread with Caramelized Vegetables Tater Tots Fresh Broccoli with Cheddar Cheese Jello - Pudding - Fresh Fruit Novelties - Frozen Yogurt Cheesecake Bars</p>	<p>Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs French Toast - Warm Syrup Croissant Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes Assorted Muffins</p> <p>CHEF'S CHOICE LUNCH</p> <p>11 a.m. - 1 p.m.</p> <p>CHEF'S CHOICE DINNER</p> <p>5:30 - 6:30 p.m.</p>

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How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication.

Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and may be still contagious past 5 to 7 days of flu illness, especially if they still have symptoms.

WebMD recently reported the 6 dirtiest places in your house. The study researchers swabbed some 4,800 surfaces. Here's the list:

- sink-faucet handles
- microwave door handles
- keyboards
- refrigerator door handles
- water fountain buttons
- vending machine buttons

Since our hands are responsible for the spread of 80% of common infectious diseases, effective hand hygiene continues to be universally recognized as the smartest, most cost effective means of infection control in the workplace.

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"Strive mightily but eat and drink as friends"

Bon Appetit



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

February 25, 2018

Vol. XXV No. 23

DON'T LET THE FLU BE A SURPRISE ... SANITIZE!!!!

To keep the flu virus at bay, wash your hands with soap and water several times a day.

An icky fact: That elevator button or door knob you just touched? It likely has flu germs on it. If you're avoiding the flu, take note. Then wash those hands. Do it the right way -- and do it often, several times a day!

It's true -- germs can live on any surface for two hours or more. If someone in your office or school is infected, those germs can reside on anything they've touched -- desks, phones, coffee pots, microwaves, cafeteria tables, toys, books.

When flu prevention experts advise you to wash your hands, they don't mean a light drizzle of water. As mama always said, use soap and warm water -- and rub hands for 15 to 20 seconds. Sing the 'Happy Birthday' song twice while rubbing, to keep track of the time.

"The flu vaccine is the best way to prevent flu, but the next best thing is good hand hygiene," says Rachel Orscheln, MD, an infectious disease specialist and pediatrician at Washington University School of Medicine in St. Louis. "Cover your mouth and nose with a tissue. Then wash your hands every time you cough or sneeze to prevent spreading the virus."

One flu prevention strategy: Keep gel sanitizers

close at hand. If a sink isn't nearby, a gel sanitizer or an alcohol-based hand wipe is easy to grab to clean dirty hands. The gel doesn't need water to work; just rub hands until the gel is dry. Most supermarkets and drugstores carry these wipes and gels.

Improper Hand Washing

Separate studies from around the world show that after visiting the washroom only 70% of people wash their hands, with only 30% of people actually using soap; the remaining 40% use water alone. The sad reality is, people do not wash their hands frequently or adequately enough. In fact, the average person washes their hands for only around 10 seconds which at best will remove about 90% of germs. The problem is the remaining bacteria will grow and can double in number in less than 20 minutes and in 80 minutes can be back to the number prior to washing.

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

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