

Catering News

Plymouth State
UNIVERSITY

sodexo



April has Bloomed!

April is here and May is right around the corner! Now is the perfect time to get your kitchen in order!

What You Need:

- Dust mop (preferably with a long handle)
- Step-ladder
- Cleaning cloths
- Small bucket with handle
- Sponges
- Vacuum with attachment
- All-purpose cleanser or dish soap
- Oven Cleaner
- Shelf or cabinet liner and drawer dividers
- Broom and mop or towel

Here's How:

1. Begin with a 15 Minute Kitchen Cleanup.
2. Dust down the ceiling and corners of walls.
3. Apply oven cleaner to the oven and clean the refrigerator.
4. Sort through the freezer and refrigerator.
5. Wipe down and clean the toaster, blender, and other small appliances.
6. Clean out kitchen cabinets.
7. Run the dishwasher empty.
8. Wash down the countertops in your kitchen.
9. Wipe down and clean out any drawers.
10. Wash down the sink.
11. Sweep and mop the floors.

Roasted Leg of Lamb



- 6 pounds leg of lamb
- 2 garlic cloves, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon vegetable oil

DIRECTIONS

1. Place roast on a rack in a shallow roasting pan. Cut 12-14 slits 1/2 in. deep in roast. Combine garlic, thyme, marjoram, oregano, salt and pepper; spoon 2 teaspoons into the slits. Brush roast with oil; rub with remaining herb mixture. Bake, uncovered, at 325 degrees F for 2-3 hours or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done 170 degrees F;). Let stand 10-15 minutes before slicing.

April Fool's

With the information overload we encounter each day, it is difficult to separate fact from fiction. We face new dietary foods claims and guidelines on a daily basis. From circulating truth, myths and food folklore arise.



Here are a few food myths that may have had you fooled:

Myth: The foods we eat after 8:00pm turn to fat in our bodies as we sleep.

Truth: Calories are calories; no matter when we eat them, they have the same effect in the body. Weight gain happens when there are more calories consumed in a day than being expended, not when calories are eaten after a certain time of day.

Myth: Grapefruit and celery are negative calorie foods that burn calories.

Truth: Nothing we eat or drink burns calories. Grapefruit and celery are an excellent source of vitamins and fiber, and although minimal, they do provide calories.

Myth: Brown Eggs are a healthier choice than white eggs.

Truth: The color of the shell has no relation to an egg's nutritional value. Varying from white to deep brown, shell color depends on the breed of the hen.

Myth: It is too difficult and time consuming to eat healthier.

Truth: Being more health conscious does take a little more thought and planning, but it is not too time consuming or difficult. If you would like help in giving your diet a nutritional makeover, contact Sodexo's Registered Dietitian, Arianne Szymas, at 535-3186 to set up an appointment.

To combat the confusion, get information from an accredited source like the American Dietetics Association, or from a registered dietitian. Friends and family are a good resource for some types of information, but when it comes to nutritional news, do some research for yourself before you believe anything that you hear.

April Menu Offerings

Quick Break \$3.95 pp

- Strawberry Lemonade
- Coconut Cookies
- Lemon Bars

Spring Lunch \$10.95 pp

- Cream of Asparagus Soup
- Chicken Cobb Sandwich
- Kettle Cooked Chips
- Lemon Pudding Cookies
- Beverages

Hearty Meal \$12.95 pp

- Baked Ham with Raisin Sauce
- Scalloped Potatoes
- Green Beans Almandine
- Carrot Cake
- Beverages

To place your order go to
www.plymouth.edu/dining/catering

With Sodexo, You Get More for Your Money!

Sodexo did a little investigating last month to determine if ordering a deli lunch through catering was more affordable and a better value than what is available from Biederman's, Wal-mart and Hannaford's.

other, Sodexo clearly gives you more bang for your buck! The quality of food served up with the convenience factor should be all you need to choose Sodexo for your next luncheon meeting!

While the actual platters of meat and cheese were all comparable to each

Selection of Meats
Selection of Cheeses
Array of Breads
Tossed Salad
Condiments
Beverages
Dessert
Paper Products
Delivery
Set-up/Clean-up

	<i>Selection of Meats</i>	<i>Selection of Cheeses</i>	<i>Array of Breads</i>	<i>Tossed Salad</i>	<i>Condiments</i>	<i>Beverages</i>	<i>Dessert</i>	<i>Paper Products</i>	<i>Delivery</i>	<i>Set-up/Clean-up</i>
Sodexo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Biederman's	✓	✓	✓		✓					
Wal-Mart	✓	✓								
Hannaford	✓	✓								

