



Metz
CULINARY MANAGEMENT

Dining up-date

**Lancaster Country Day School
Winter 2015**



Winter 2015

The Main Dish

We are extremely proud to say that Metz Culinary Management has become the first food service management company to support Clemens Food Group's "Farm Promise" program. The new initiative is a three-part, USDA Process Verified program that allows Metz Culinary Management to guarantee that all pork products bearing the Farm Promise seal come from healthy pigs, raised since birth in a caring, comfortable, low stress community.

We want our clients and guests to know that our purchasing decisions are driven by bettering the health and welfare of animals and the environment. We have always prided ourselves on being an industry leader in this area and the Farm Promise program is the most recent example.

The Farm Promise verified program ensures: Free to Roam crate-free communities, Source Assured traceable product back to farm and PQA+ Certified Standard of Care.

Free to Roam guarantees that pork product comes from happy, healthy hogs housed in groups where they are free to roam during the gestation period.

Sources Assured means the product can be traced back to the farm where it was raised, allowing us to provide our clients and guests the finest and healthiest, most flavorful pork each and every time.

PQA+ Certified Standard of Care verifies the animals are raised with humane care, optimized diets and customized nutrition to Ensure the highest quality of life, and live in a protected, safe environment at every stage of their life.

**Behind the Scenes:**

As we continue to work hard to provide nutritional meals to your children, we thought it would be nice each month to provide you, the parents, with some “Nutritional Nuggets” that may help keep your children Healthy and Fit.

“Savor your food”, is something I tell my son as often as possible. Taking the time to enjoy your food is not only pleasurable; it also keeps you from eating too much. Encourage your child to be more “mindful” of how he or she eats with these few helpful hints.

Eat S-L-O-W-L-Y.

Suggest that your youngster put down their fork after each bite. They should chew their food completely and maybe take a drink of water too. Then, he or she can pick up the fork and take another bite. In the meantime, enjoy the family time together with friendly and light conversation.

Talk About It

Focusing on the food can help your child enjoy it more. Trade opinions on color, texture, shape, smell, or taste. You can also go around the table and have each person Name an adjective to describe a dish. Eliminating distractions (phones, video games, television) will help everyone concentrate on the meal too.

Rate your hunger

To avoid overeating, your child needs to understand when they are really hungry and when they are full.

Ask your youngster to think about a scale of 1 to 10, with 1 being super hungry and 10 being super full. Before eating they can rate their hunger and as they eat they should stop and rate again. When your child gets to 8 (comfortably full) they could put down their fork for good.



Events & Happenings

- Ice Festival Chili Cook-off February 12th to benefit Habitat for Humanity
- Production of “Joseph and the Amazing Technicolor Dreamcoat” February 20th, 21st and 22nd
- Teacher Appreciation Luncheon February 25th
- Spring Break!!!! March 6th thru the 16th



Featured Recipes

Corned Beef and Cabbage



Ingredients

- 1 small head white cabbage, including outer green leaves (2 1/2 pounds)
- 2 tablespoons [unsalted butter](#)
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

Cut the cabbage in half and, with the cut-side down, slice it as thinly as possible around the core, as though you were making [coleslaw](#). Discard the [core](#). [Melt](#) the butter in a large sauté pan or heavy-bottomed pot over medium-high heat. Add the [cabbage](#), salt, and pepper and sauté for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season, to taste, and serve warm.



Berry Oreo Cookie Balls

FEBRUARY 5TH, 2015

YIELD: about 30 cookie balls

PREP TIME: 15 minutes

INGREDIENTS:

- 1 15.25-ounce package Berry Burst Ice Cream Oreos, crushed into fine crumbs
- 1 8-ounce package cream cheese, softened
- 16 ounces white or dark candy melts
- festive sprinkles

DIRECTIONS:

1. Line a large baking sheet with parchment paper.
2. In a large bowl with an electric mixer, beat cream cheese on medium speed for about 2 minutes. Add crushed Berry Burst Ice Cream Oreos and mix until well-combined.



3. Using a small cookie scoop, measure mixture (about 2 teaspoons) and then roll into cookie balls. Place rolled cookie balls on prepared cookie sheet and place into the refrigerator for about 30 minutes or into the freezer for 10 minutes.

4. Once cookies balls are chilled, melt candy wafers according to package directions. Dip cookie balls (see tip below) in melted candy wafers and place back onto parchment lined cookie sheet. If desired, sprinkle with festive Valentine's Day sprinkles. Once all cookie balls are dipped, refrigerate them for one hour.

NOTES:

Dipping Tip: I place a cookie ball on a fork over the bowl of melted wafers and spoon the melted candy wafers over the cookie ball. Allow excess candy to drip off into the bowl. Slide the cookie ball off of the fork and onto the parchment paper using a toothpick.

Dining Service Contacts

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