

Jersey City Medical Center Cafeteria Menu

DEPARTMENT OF FOOD AND NUTRITION SERVICES

MONTHLY CAFETERA MENU JANUARY 2013

Week #1 Soups of the Day: Chicken Noodle, Lentil, Cream of Potato

Monday “Meatless Monday” - Falafel with Avocado Spread

Tuesday Spicy Honey-Brushed Chicken Thighs

Wednesday Marinated Flank Steak with Romesco Sauce

Thursday Pulled Barbeque Pork Sandwich on Cuban Bread

Friday Fried Catfish with Hush Puppies

Week #2 Soups of the Day: Chicken Wild Rice, Vegetarian Lentil, Beefy Chili

Monday “Meatless Monday” Fettuccine with Mushroom and Hazelnuts

Tuesday Roasted Chicken with Balsamic Bell Peppers

Wednesday Reuben Sandwiches

Thursday Lemon Pepper Shrimp Scampi

Friday Three-Cheese Chicken Penne Florentine

Week #3 Soups of the Day: Mexican Chicken, Vegetarian Split Pea, Tomato Rice

Monday “Meatless Monday” – Eggplant Parmesan with Italian Garlic Bread

Tuesday Ginger Beef and Green Bean Stir Fry

Wednesday Coconut Curry Chicken

Thursday Spiced Pork Tenderloin with Sautéed Apple

Friday Creole Shrimp and Smoked Turkey Sausage Stew

Jersey City Medical Center Cafeteria Menu

Week #4 Soups of the Day: Italian Wedding, Clam Chowder, Cream of Grill Chix

Monday “Meatless Monday” Vegetable Lo Mein with Spring Rolls

Tuesday Lemon Chicken Saltimbocca

Wednesday Mongolian Beef

Thursday Cuban Sandwiches

Friday Gnocchi with Shrimp, Asparagus and Pesto

Specialties of the House

Salad Bar: Assorted fresh veggie, bean, rice, antipasto, and marinate combinations, turkey and vegetarian chili

Wings and Things: Wings, tenders, sauced and hot chicken specialties, barbeque ribs

Pizza Pasta: Variety of pizza and stuffed calzone specialties

Hot dogs: Foot Long Bar and Toppings

Breakfast Specials: Wraps, yogurts flavored oatmeal, breakfast grab and go

Sandwich Station: “Light Rail Specials” Sandwiches and platters on ciabatta, focaccia, flatbread, or fancy white, marble rye, whole wheat

Jersey City Grill Specials: Marinated whole breast of chicken, home-made build a burger, Philly Style steak sandwiches, fisherman’s delight, fries, onion rings, toppings, specially seeded roll

All items priced according to weight: Breakfast \$.28 – Lunch \$.32-.37 – Sandwich \$.37

Soups: Large \$1.75 – Medium \$1.50

JCMC MONTHLY CAFETERIA MENU - FEBRUARY 2013 MENU

CELEBRATING VALENTINE’S DAY,

WOMEN’S HEART HEALTH AWARENESS MONTH (our JCMC Wear Red for Women’s Health Awareness Day is Thursday, February 14th)

AND BLACK HISTORY MONTH

Jersey City Medical Center Cafeteria Menu

Cardiovascular disease is the No. 1 cause of death in the United States. Stroke is the No. 4 cause of death in the United States. One reason these statistics are fact is undeniably a lack of commitment to a heart-healthy lifestyle. Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility. A heart-healthy lifestyle includes the ideas listed below. By following these simple steps you can reduce all of the modifiable risk factors for [heart disease](#), heart attack and stroke.

Lifestyle Changes (click each below to follow link to our partner – American Heart Association Information Site)

Stop smoking

If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit. We're here to help if you need it.

If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit. We're here to help if you need it.

[Visit our Quitting Smoking website for plans, tips and tools to help you quit](#)

Choose good nutrition A healthy diet is one of the best weapons you have to fight cardiovascular disease. The food you eat (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight. Choose nutrient-rich foods — which have vitamins, minerals, fiber and other nutrients but are lower in calories — over nutrient-poor foods. A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key. And to maintain a healthy weight, coordinate your diet with your physical activity level so you're using up as many calories as you take in.

[Learn 5 Goals to Eating Healthy](#)

[Visit our Nutrition website](#)

[Select American Heart Association cookbooks](#)

Reduce blood cholesterol Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke. You've got to reduce your intake of saturated fat, *trans* fat and cholesterol and get moving. If diet and physical activity alone don't get those numbers down, then medication may be the key. Take it just like the doctor orders. Here's the lowdown on where those numbers need to be:

- Total Cholesterol: Less than 200 mg/dL

Jersey City Medical Center Cafeteria Menu

- LDL (bad) Cholesterol:
 - If you're at low risk for heart disease: Less than 160 mg/dL
 - If you're at intermediate risk for heart disease: Less than 130 mg/dL
 - If you're at high risk for heart disease (including those with existing heart disease or diabetes): Less than 100mg/dL
- HDL (good) Cholesterol: 40 mg/dL or higher for men and 50 mg/dL or higher for women
- Triglycerides: Less than 150 mg/dL

[Visit our Cholesterol website](#)

Lower high blood pressure It's the single largest risk factor for stroke. Stroke is the No. 4 killer and one of the leading causes of disability in the United States. Stroke recovery is difficult at best and you could be disabled for life. Shake that salt habit, take your medications as recommended by your doctor and get moving. Those numbers need to get down and stay down. Your goal is less than 120/80 mmHg.

[Visit our High Blood Pressure website](#)

[Take our Blood Pressure Risk Assessment](#)

Be physically active every day Be physically active every day. Research has shown that getting at least 30 minutes of physical activity on 5 or more days of the week can help lower blood pressure, lower cholesterol and keep your weight at a healthy level. But something IS better than nothing. If you're doing nothing now, start out slow. Even 10 minutes at a time may offer some health benefits. Studies show that people who have achieved even a moderate level of fitness are much less likely to die early than those with a low fitness level.

[Visit our Physical Activity and Fitness website](#)

[Start! a walking program](#)

[Choose a BetterU: our free 12-week physical activity program for women](#)

Aim for a healthy weight

Obesity is an epidemic in America, not only for adults but also for children. An epidemic is when a health problem is out of control and many people are affected by it. Fad diets and supplements are not the answer. Good nutrition, controlling calorie intake and physical activity are the only way to maintain a healthy weight. Obesity places you at risk for high cholesterol, high blood pressure and insulin resistance, a precursor of type 2 diabetes — the very factors that heighten your risk of cardiovascular disease. Your Body Mass Index (BMI) can help tell you if your weight is healthy.

Jersey City Medical Center Cafeteria Menu

[Learn 5 Goals to Losing Weight](#)

[Visit our Weight Management website](#)

[Calculate your Body Mass Index](#)

Manage diabetes **Cardiovascular disease is the leading cause of diabetes-related death. People with diabetes are two to four times more likely to develop cardiovascular disease due to a variety of risk factors, including high blood pressure, high cholesterol, smoking, obesity and lack of physical activity.**

[Visit our Heart of Diabetes website](#)

Reduce stress

Some scientists have noted a relationship between coronary heart disease risk and stress in a person's life that may affect the risk factors for heart disease and stroke. For example, people under stress may overeat, start smoking or smoke more than they otherwise would. Research has even shown that stress reaction in young adults predicts middle-age blood pressure risk.

[Get stress management tips and tools](#)

Learn more about [Stress and Heart Health](#)

Making healthy food choices, including controlling portion sizes and reading food labels, is an essential step in maintaining a proper body weight and preventing or managing heart problems and diabetes. A heart-healthy diet includes foods that are low in fat, cholesterol, and sodium.

Week #1 February 4th to 8th

**Meatless Monday: Falafel with Avocado Spread 430-600 Calories – Soup
Vegetarian Potato Leek**

**Tuesday: Spicy Honey Brushed Chicken Thighs 500-600 Calories - Soup
Italian Wedding**

**Wednesday: Marinated Flank Steak with Romesco Sauce 700-800 Calories
– Soup Mexican Chicken Soup**

**Thursday: Pulled Barbeque Pork on Cuban Bread 700-800 Calories – Soup
Tomato Rice Bisque**

Jersey City Medical Center Cafeteria Menu

Friday: Fried Catfish with Hushpuppies 700-800 Calories – Soup New England Clam Chowder

Week #2 February 11th to 15th

Meatless Monday: Fettuccini with Mushroom and Hazelnuts 450-600 Calories – Soup Vegetarian Vegetable

Tuesday: Roasted Chicken with Balsamic Bell Peppers 450-550 Calories – Soup Split Green Pea with Ham

Wednesday: Reuben Sandwiches 700-800 Calories Soup Cheddar Cheese Potato Soup

Thursday: 400-500 Calories Lemon Pepper Shrimp Scampi – Cream of Chicken Soup – Chocolate Covered Strawberries Valentine

Cupcakes; Tiramisu; Cheese Cakes

Friday: Three Cheese Chicken Penne Florentine 600-800 Calories – Seafood Bisque

Week #3 February 18th to 22nd

Meatless Monday: Eggplant Parmesan with Italian Garlic Bread 600-700 Calories – Soup Vegetarian Lentil

Tuesday: Ginger Beef and Green Bean Stir Fry 500-600 Calories – Soup Chicken Wild Rice

Wednesday: Coconut Curry Chicken 500-600 Calories – Soup Portabello Mushroom Barley

Thursday: Spicy Pork Tenderloin with Sauteed Apples 500-600 Calories – Soup French Onion

Friday: Creole Shrimp with Smoked Turkey Sausage 500-600 Calories – Soup Manhattan Clam Chowder

Jersey City Medical Center Cafeteria Menu

Week #4 February 25th to March 1st

Meatless Monday: Vegetable Lo-mein with Spring Rolls 450-600 Calories
– Soup Wonton

Tuesday: Lemon Chicken Saltimbocca 550-650 Calories – Soup Pasta
Fagioli

Wednesday: Mongolian Beef 500-600 Calories - Soup Cream of Spinach

Thursday: Cuban Sandwiches 700-800 Calories – Three Cheese Tomato
Basil Soup

Friday: Gnocchi with Shrimp, Asparagus and Pesto 600-700 Calories -
Minestrone

Wings: Spicy Hot; Mild; Boneless; Barbeque; Jerk

Pizza: Special and Cheese

Foot Long Dogs: All the toppings

NEW: Burgers: Anthony's Burger Specials (Freshly Made and Large with
Toppings like specialty hamburger chains)

Chicken: Anthony's Breaded or Plain Cutlets with Toppings

Steak Fries: Spicy or Plain with Vinegar and Salt

Philly Cheese or Chicken Steak

Breaded Chicken Tenders

Salads, Hot Entrees and Yogurt are weighed; Grill items are priced as
noted

Jersey City Medical Center Cafeteria Menu

Upcoming in March:

Watch for “Yogurt with Everything” Program - Designer Toppings (Not Diet Friendly Except for the Fruit Toppings)

Walnuts; Peanuts; Malted Balls; Crushed Oreos; Granola; Gummies; Chocolate Chips, Strawberries; Mini Marshmallows; Carmel Syrup; Strawberry Topping; Chocolate Syrup, Coconut Flakes and more!!!!

JCMC Cafeteria Menu for March 2013

Week 1 – March 4 - 8

Week 2 – March 11 -15

Week 3 – March 18 – 22

Week 4 – March 25 - 29

Sent at the request of Robert Ashe

ENTREES

MONDAYS

WEEK 1 VEGETARIAN CHILI WITH CRUNCHY TACO SHELL AND FIXINS

WEEK 2 FALAFEL WRAPS WITH GRILLED VEGETABLE AND FETA CHEESE

WEEK 3 CRISP POTATO SHELLS WITH GORGONZOLA & VEGETABLE COUS COUS

WEEK 4 CURRY CHANA MASALA WITH BASMATI RICE

TUESDAYS

Jersey City Medical Center Cafeteria Menu

WEEK 1 SPICY OR BARBEQUE PULLED PORK WITH HOAGIE ROLLS OR OVER RICE

WEEK 2 MOZZARELLA STUFFED MEATLOAF

WEEK 3 MICROBREW BATTERED HALIBUT WITH SWEET POTATO FRIES

WEEK 4 PARMESAN CRUSTED CHICKEN WITH TOMATO BASIL

WEDNESDAY

WEEK 1 FETTUCCINE ALFREDO WITH GRILLED SHRIMP

WEEK 2 MEDITERRANIAN BAKED COD

WEEK 3 CHICKEN FLORENTINE WITH RED ROASTED PEPPERS BLANC SAUCE

WEEK 4 JACK DANIELS BEEF SHORT RIBS

THURSDAY

WEEK 1 TURKEY CROQUETTES WITH HOLLANDAISE SAUCE

WEEK 2 MEXICAN PORK CHOPS

WEEK 3 SEAFOOD PAELLA

WEEK 4 ROTISSERIE CHICKEN

FRIDAY

WEEK 1 MICROBATTER FISH AND CHIPS

WEEK 2 LOBSTER MACARONI AND CHEESE WITH SUNDRIED TOMATOES

WEEK 3 SAINT PATRICK'S DAY CELEBRATION CORN BEEF AND CABBAGE

WEEK 4 CHICKEN KIEV

Jersey City Medical Center Cafeteria Menu

SOUPS

WEEK 1

MONDAY VEGETARIAN LENTIL & CHICKEN NOODLE

TUESDAY CREAM OF POTATO & ITALIAN WEDDIN G SOUP

WEDNESDAY HEARTY VEGETABLE & CREAM OF CHICKEN AND DUMPLING

THURSDAY SPLIT PEA WITH HAM & TOMATO BASIL BISQUE

FRIDAY LOBSTER BISQUE & BEAN WITH BACON

WEEK 2

MONDAY BROCCOLI AND CHEESE & CHICKEN TORTILLA

TUESDAY BEEF POT ROAST AND VEGETABLE & NAVY BEAN

WEDNESDAY SEAFOOD BISQUE & BUTTERNUT SQASH

THURSDAY RED CANYON CHILI WITH BEAN & CLASSIC CHICKEN NOODLE

FRIDAY MANHATTAN CLAM CHOWDER & CHIPOTLE BLACK BEAN SOUP

WEEK 3

MONDAY VEGETARIAN LENTIL & CHICKEN NOODLE

TUESDAY CREAM OF POTATO & ITALIAN WEDDIN G SOUP

WEDNESDAY HEARTY VEGETABLE & CREAM OF CHICKEN AND DUMPLING

THURSDAY SPLIT PEA WITH HAM & TOMATO BASIL BISQUE

FRIDAY LOBSTER BISQUE & BEAN WITH BACON

WEEK 4

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MONDAY BROCCOLI AND CHEESE & CHICKEN TORTILLA

TUESDAY BEEF POT ROAST AND VEGETABLE & NAVY BEAN

WEDNESDAY SEAFOOD BISQUE & BUTTERNUT SQUASH

THURSDAY RED CANYON CHILI WITH BEAN & CLASSIC CHICKEN NOODLE

FRIDAY MANHATTAN CLAM CHOWDER & CHIPOTLE BLACK BEAN SOUP

MARCH FEATURES

SPECIALTY SOFT SERVE YOGURT WITH VARIETY TOPPINGS @ \$.32 PER OUNCE INTRODUCTORY OFFER – DON'T MISS THIS

Jersey City Medical Center Lunch Cafeteria Menu for April 2013

Monday, April 1st

Fettuccini Florentine or Falafel with Tzaki Sauce, Hummus and Pita / Cream of Potato or Lentil Soup

Tuesday April 2nd

Chicken Sorrento with Broccoli and Wild Rice / Chicken Noodle or Three Cheese Soup

Wednesday, April 3rd

Flank Steak Robert, Baked Potato with Topping and Long Green Beans / Split Pea or Chicken Noodle

Thursday, April 4th

Talapia with Mango Relish Yellow Rice with Peas Broccoli and Yellow Squash / Italian Wedding or Cream of Broccoli Soups

Friday April 5th

Sage Roasted Shoulder of Pork, Rice and Beans, Fried Banana, Corn Medley and Fajita / Manhattan Clam Chowder and Tomato Bisque Soup

Monday, April 8th

Penne with Three Cheese Alfredo Sauce Bean Burrito Roasted Zucchini in Pesto, Broccoli Gratin, Green Beans with Blue Cheese and Walnuts / Cream of Corn and Lentil Soup

Jersey City Medical Center Cafeteria Menu

Tuesday, April 9th

Mustard Roasted Stuffed Cod with Crabmeat Stuffing Yellow Rice with Pimento Roasted Root Vegetables and Basmati Rice / Mexican Chicken and Split Pea Soup

Wednesday, April 10th

Chicken Francaise Steamed Broccoli Wild Rice Leaf Spinach and Chick Peas / Tomato Rice and Pasta Bean Soup



Thursday, April 11th

Herb Crusted Pork Loin Melon Salsa Balsamic and Parmesan Roasted Cauliflower / Roasted Pepper Minestrone and Potato Cream Soup

Friday, April 12th

Dry Rug London Broil Maple Roasted Sweet Potato String Beans with Garlic and Tomato White Rice / Butternut Squash and Manhattan Clam Chowder

Monday, April 15th

Tarragon Basil with Penne Pesto Celery Root Au Gratin Stir Fried Egg Plant Green Beans with Bleu Cheese and Walnuts / Chicken Noodle and Three Cheese Soup

Tuesday, April 16th

Mango Barbeque Pulled Pork Roasted Balsamic Green Beans and Pimento Wild Rice / Vegetable Barley and Cream of Broccoli

Wednesday, April 17th

Jersey City Medical Center Cafeteria Menu

Tangerine Beef with Scallions Roasted Red Bliss Potatoes with Rosemary Garlic Mushrooms Yellow Rice /
Three Bean Pasta Fagioli and Cream of Corn Soup

Thursday, April 18th

Baked Chicken Thighs with Mushroom Broccoli Rabe and White Rice / Rosemary White Bean or Tomato Rice
Soup

Friday, April 19th

Oven Crusted Cajun Scrod with Macaroni and Cheese and Broccoli / Mediterranean Bean with Bacon or
Minestrone Soup

Monday, April 22nd

Penne in Herbed Cream Sauce with Tomato and Basil Mediterranean Roasted Broccoli with Garlic Tomato
and Zucchini / Italian Wedding Soup and Green Split Pea Soup

Tuesday, April 23rd

Sausage and Peppers on a Hoagie Roll or with Basmati Rice, Potato Knish, Brussel Sprouts with Almonds /
Hearty White Bean with Bacon or Chicken Noodle Soup

Wednesday, April 24th

Beef and Butternut Squash Yellow Rice and Steamed Broccoli / Tomato Roasted Garlic and Bacon Bisque and
Jerk Chicken and Rice

Thursday, April 25th

Chicken Cacciatore Basmati Rice and Yellow Squash / Chipotle Chicken and Corn Chowder

Friday, April 26th

Jersey City Medical Center Cafeteria Menu

Grilled Flounder with Salsa Rice or Gnocchi and Seasonal Vegetable Blend / New England Clam Chowder and Pasta Bean Soup

Monday, April 29th

Penne with Asparagus Glazed Carrots with Cider Vinegar and Vegetarian Chili with Rice / Tomato Bisque and Vegetarian Vegetable Soup

Tuesday, April 30th

Lemon Chicken with Wild Rice and Seasonal Vegetable Blend / 3 Cheese and Lentil Soup

Jersey City Medical Center Cafeteria Menu