



## *A Taste of Italy in Urbana*

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Last month the Dining Services Department held their second private dining event. Following last year's Tapas theme was a Venetian style menu. The Horsfall private dining room was transformed to create an elegant atmosphere with dim lighting and a gorgeous table setting.

Our guests arrived to a fleet of appetizers: caprese skewers, pasta shells filled with caponata, a salami and provolone skewer as well as grilled flat bread with Caramelized onions, fontina cheese and fresh chives. As the guest mingled, the wine flowed. I selected a Pinot



Grigio and a Chianti to pair with the menu that evening. The star of the night was the entrée: Veal Osso Buco with a Saffron Risotto. The Chefs decorated the plates with Roasted Garlic Puree and Balsamic Reduction with a fresh Gremolata. The last course of the evening

was a Tiramisu with Raspberry puree and a light dusting of cocoa powder.

Making a return appearance was guest Chef Ilunga Kazadi Newton. Chef Newton has been a longtime friend of Chef Thompson. Chefs Kyle and Newton, as well as our Sous Chef Kyle Donoho collaborated to create a menu for

a very special night. Our Dining Services team enjoys hosting special dinners to elevate the experience we deliver to our residents. Our next private theme dinner is being planned for the spring. Bon appetite!

- Kim Cabello

### Coming Up

**12/25 Christmas  
Dinner served at  
noon**

**01/01 New Year's  
Day Dinner served  
at noon**

## *Menu Forecasting the Modern Way*

One of the more difficult tasks involving the dining system we run at Clark-Lindsey is the job of menu forecasting. Most restaurants run the same menu every day for months or even years, so these operations can rely on a large amount of historical data to drive their food prep, or they will have copious amounts of supplies on hand due to a relatively limited menu.

When it comes to our dining room, I do the purchasing, Kim lays out the production forecast, and Chef Kyle and his team are responsible for the menu content and actual preparation of each evening's offerings. The challenge for Chef Kyle and myself is determining exactly how much of everything we need to purchase and produce. Since the menu changes every evening, this challenge is a formidable one.

In the old days (read more than six months ago), we had to rely on record keeping and good memories when it came to determining the amounts of each item to produce. Since the

arrival of the POS system however, this task has become easier. We can compile and review historical data by the item, the date, or even by resident to determine the necessary amount of supplies, prep and production needed for each item.

Of course no method is perfect, and an individual's preferences and choices can change from one meal to the next.

The other unknown variable is how many guests to expect. We are proud to serve your guests but it's helpful to know in advance when you're bringing guests. Nothing can cause a run on a particular item like fifteen guests that we didn't expect. We appreciate advance notice, so it's important to notify the front desk



when possible if you are bringing guests. Even one or two guests per person become a challenge if a large enough number of residents are involved.

The continued use of the POS system to streamline our menu forecasting, as well as

timely notification of guests will ensure a stress free dining experience for our residents, their guests as well as the production staff!

- Jason Rice



## Abby's Nutrition Notes

**Wintertime Produce Picks:** It's easy to get your "5-a-day" with these tasty choices in season now!

**Oranges** – Oranges are best known for high Vitamin C content - one orange contains 100% of your Vitamin C needs! They are also a great source of fiber, meeting nearly 20% of your total fiber needs.

**Grapefruit** – Besides providing over half of your daily requirement for both Vitamin C and

potassium, grapefruit contains citric acid, which may help prevent kidney stones. Grapefruit can also help prevent insulin resistance. On the down side, grapefruit can cause harmful reactions with many medications, so talk with your doctor or pharmacist to ensure this is a safe choice.

**Kiwi** – This small green fruit contains even more Vitamin C than an orange, and is rich in potassium and folate. Kiwi fruit also helps

prevent blood clots, much like aspirin! Kiwi is a great choice for people with diabetes, as it ranks very low on the glycemic index.

**Pears** – A single pear contains 25% of your daily fiber needs, mostly a soluble fiber called PECTIN that can lower cholesterol and promote healthy digestion.

Also, don't forget that a great selection of both canned and frozen fruit is available year round, in a convenient, ready-to-



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-eat package. Although we have often heard that "fresh is best", the nutritional value of frozen and canned produce is actually exactly the same, if not higher, than that of fresh fruit, with no waste!

## Change of Season, Change of Menu

As the weather gets colder, start looking for a change in our dining room menus. Gone for the season are the cold soups, chilled sauces and cold entrees. Well, except for the taco salad as this has made its way onto our menu all year round due to popular demand. Warming stews, slow braised meats and home style casseroles will be seasonal featured items on our winter menu. Beef bourguignon, beef

chasseur, steak chili and a braised duck leg with cherry demi-glace are only a few of the headliners this season.

The ala cart menu will also reflect some seasonal additions. Chili and Fettuccini Alfredo, either plain or with grilled chicken are returning selections to the ala cart menu. And don't



forget about our winter holiday menus! "Matzo Ball Joan" was be back on the 7<sup>th</sup> of December to help the kitchen staff roll a few hundred Matzo balls. Thanks

Joan, you have become an honorary member of the kitchen staff. This year's Christmas menu will features slow roasted prime rib with horseradish sauce and Smokehouse style pit ham with a honey brown sugar glaze. Hopefully these warming entrees will keep you satisfied until the weather changes once again.

- Chef Kyle Thompson

## Profile: Jeremy Donaldson



*Jeremy Donaldson*

The culinary staff at Clark-Lindsey is made up of many faces. A member you might not be familiar with is one of our line cooks, Jeremy Donaldson. Jeremy attended high school in Westville, IL and is continuing his education at Illinois State University where he is studying creative writing and library science. Jeremy loves to cook, and is very enthusiastic about his role within the department as a member of the production team.

Jeremy's uses words like loyalty, community and food to best describe Clark Lindsey. What he

finds most challenging at Clark-Lindsey are the ever changing demands of the menu and the items he has to cook. Jeremy is not just a part of the cooking staff but also works as a dietary aide. By being able to move from one part of the kitchen to the other, Jeremy is able to adapt to the ever changing needs of the department. Some of the things he likes most about Clark-Lindsey are his coworkers, the residents and the opportunity's to interact with them. Jeremy has spent time taking part in the Clark-Lindsey book club, and

enjoys the time he gets to spend with our residents.

Some of Jeremy's other pursuits include reading, writing, watching movies and just recently making his very own YouTube channel. Some of his videos have as many 60,000 views! In his free time, Jeremy enjoys going to the movies with his fiancé, and eating out. Jeremy says that he draws a lot of inspiration from his grandmother, and it shows in the way he relates to our residents!

- Fernando Santillana



## New Bar Offering to Keep You Warm This Winter

I'm not sure about anyone else, but we're only a few months into the winter season, and I'm already sick of the cold (as well as the ice, snow, gloomy weather etc.). Kim and I were sitting in our office suffering from seasonal affective disorder when we had an inspiration;

why not offer warming drinks at the bar? Is there a better way to lift peoples' spirits than with a warm, inviting cocktail?

To that end, we've offered a hot spiced apple cider spiked with dark rum, and an Irish Coffee made with dark roast coffee, brown sugar Irish whisky and

whipped cream. Future offerings will include a warm, fortified mulled wine, and a mimosa to celebrate the New Year.

If the specialty drinks prove to be well received, we will plan on offering different seasonal beverages when warmer weather arrives once again. And

while it may feel like the temperature won't rise above freezing, or that the sun won't shine again, we all know that isn't the case. In the meantime, stay inside, sit by the fire and take advantage of our special beverage offerings, now that's the prescription for the winter blahs!