

Bite by Bite

St. Cloud

February 2023

ORLANDO
HEALTH®



Rodeo Day Replay

Rodeo Day's treasured tradition, since 1953, continued this year in style. While students had the day off to learn about agriculture and raising their own animals, our administrators, Best Place to Work committee and Food and Nutrition Team members and leaders worked together to share in on the fun, celebrate and share in team member appreciation.



Attendees enjoyed food catered from *Granny's Southern Smokehouse* and selections included macaroni and cheese, corn bread pudding, baked beans and several BBQ meat options. To ensure all team members could join in, the night shift was served the evening of Thursday, February 16th, followed by the day shift, on Friday, February 17th.

In addition to the tasty BBQ meal, attendees enjoyed a photo background, fun photo taking area, decorations and hats.



33.3%

QUALITY



75%

COURTESY



↑42.3%

SALES

“

Thank you for the wonderful food during my stay here. The zucchini was cooked to perfection and very tasty. My scrambled eggs and French toast were great. My eggs didn't even need the seasoning packet. Thank you so much.

”



February is Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.



“

...The cooks are very good, the food was very good. The ladies that serve the food are very good. You have a great staff.

”

Spreading the Love

As a way to celebrate Valentine's Day, cupcakes were given out by our “Best Place to Work” committee to show appreciation to all our team members.

Additionally, chocolate covered strawberries, large sprinkle cookies and flowers were available to purchase in the café to celebrate the holiday.





FEATURED
RECIPE

Quiche Lorraine

Ingredients

- Large, fresh, cage-free eggs 20 oz
- Half & Half- 1 cup
- Onions, Fresh, Diced 8 oz
- Mushrooms, Button, Fresh, Sliced 8 oz
- Oil, Cooking Spray 12 spray (1 sec/spray)
- Spice, Nutmeg, Ground 1/2 tsp
- Spice, Pepper, White, Ground 1 tsp
- Sauce, Sriracha Hot Chili 1 tsp
- Basil, Fresh, Chopped 1 tbsp
- Bacon, Sliced, Raw 8 oz
- Cheese, Swiss, Shredded 10 oz
- Oil, Canola

Instructions

Heat the canola oil in large sauté pan over medium heat. Cut bacon strips into small pieces and place into the frying pan. Lightly sauté bacon until slightly golden in color (about 5 min). Add mushrooms and onions and sauté them on medium heat until softened and lightly caramelized. Add shredded Swiss cheese and fresh basil to the vegetable mixture and set aside. Whisk together the liquid eggs and half and half. Add the nutmeg, pepper and sriracha to the egg mixture and whisk until incorporated. Using an 8 oz. standard muffin pan, spray each muffin holder with non-stick spray. Scoop 4 oz. of the cheese and vegetable mixture into each muffin pan. Ladle 4 oz. egg custard mixture over the vegetable mixture. Mix the egg mixture lightly into the vegetables in each tin. Bake for 14-18 minutes in a preheated oven set at 325 degrees. Let the quiche set for at least 30 minutes.



Meet the Team

Kelly Cruz – Patient Dining Associate



Kelly, who has a deep love for her family and dogs, joined the Food and Nutrition team in 2018. Due to passion for people and customer service, she has received countless recognition notes and kind words from patients and their families.

Kelly always puts our patients first and foremost. She goes out of her way to make sure our patients have a great experience and we are proud to have her on the team.