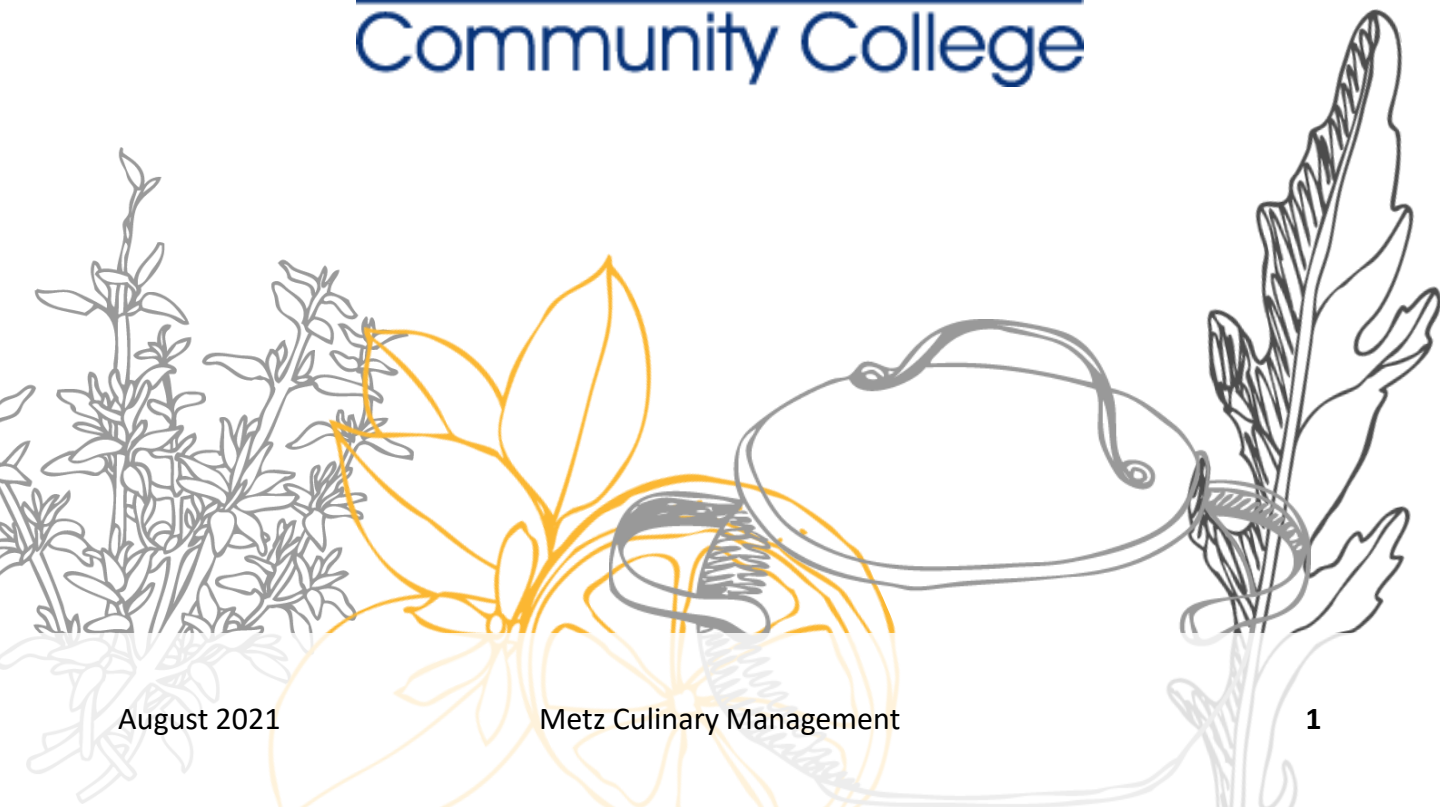




Metz
CULINARY MANAGEMENT

Monthly Update

HILLSBOROUGH
Community College





August 2021

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August At A Glance!

Our Hawk's dined their way through the Summer Games during the first week in August! Paying tribute to Cuba with a Hot Pressed Cuban, Jamaica with our Jerk Chicken & Mango Salsa Sliders, and of course USA with 2 All American Sliders.





WELCOME HAWKS

Whether our Hawk's were returning to the Nest or joining us for the first time we had plenty of excitement waiting for them. We had Monster and Rockstar sampling products and providing give-a-ways.

BUILDING
FRIENDSHIPS AND COMMUNITY

GRAB A MEAL, SIT DOWN, AND LET'S BUILD BACK OUR DINING COMMUNITY!

To celebrate the new school year, we're cooking up some great offerings and raffling off several prizes, so be sure to enter today!

Order on the Toast Takeout App and be automatically entered.





Monthly Update

THE
MAIN DISH



We had lots of great give-a-ways and we are not done yet! We gave away Pop Sockets with online orders and Reusable Straw Kits with Smoothies.

We still have the raffle for our Hydroflask Bottles, Nintendo Switch, Beats by Dre, and 4 \$25 Amazon gift cards. Every online order is automatically entered to win during the month of September. You can enter daily by ordering online or with the toast app.



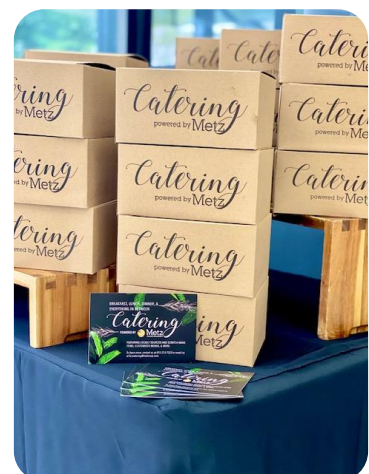


Monthly Update



CATERING & EVENTS

Need to plan a Catering Event? We have lots of individually *"boxed to perfection"* Breakfast, Lunch, and Snack options.



Let us know when your next event is and we will ensure that every detail is safe and follows all recommended guidelines. Contact Kim Brown, General Manager at 813-259-6030 or kbrown@metzcorp.com.



Monthly Update

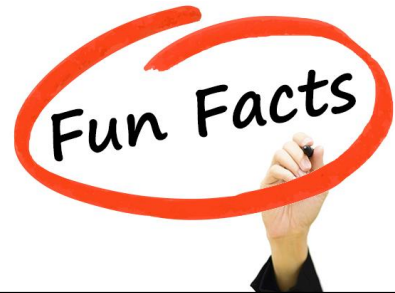


REPORTS

Our new online ordering system has been very popular and it helps to keep our guests and team members safe.



toast
ONLINE ORDERING
IS NOW JUST A
TAP AWAY AT HCC!



Our Sweet Potato Fry Salad at Hawk's Cay Café is a new fan favorite.

Have you tried it yet?

Fresh Romaine & Kale, Sautéed Mushrooms, Peppers & Onions, Crispy Sweet Potato Fries & Goat Cheese. Served with our house-made Cilantro-Avocado Ranch Dressing.



30%

of all orders were ordered from J Clark's Grille, our most popular concept where everything is cooked to order!

Our highest selling entrée items in August.

- #1 Classic 1/3 lb Cheese Burger (fresh beef not a frozen patty)
- #2 House-made Chicken Tenders
- #3 Peperoni Pizza

\$240.72

was redeemed in Rewards Points just for ordering online or with the toast takeout app.



August Safety Focus

During the month of August we focused on Human Maintenance, (yes, that's a thing!) as well as working safely.

THE GAME PLAN FOR HEALTH & SAFETY
(Human Maintenance, continued from page 1)

HUMAN MAINTENANCE FOR THE OFFICE PROFESSIONAL

According to Michael Roizen, MD, and Mehmet Oz, MD of realage.com: "Prolonged sitting. It turns out, flips biochemical switches inside muscle cells that boost your odds for heart failure, up your risk for fatal heart disease by 27 percent, and fatal cancers by 21 percent – even if you exercise regularly."

A sedentary lifestyle undoubtedly poses risk factors for disease, which is why at Occupational Athletics we advocate some type of activity throughout the day for those that work a sedentary job such as sitting at a desk. We know that lack of movement and looking at a computer screen day in and day out causes stress, and a sedentary lifestyle really takes a toll on the health and wellness of office professionals - especially as they age (which we ALL are...every day).

Practicing **Human Maintenance** by taking a short 10-minute break to stretch a few times a day along with taking a short walk or doing quick exercises has excellent benefits for office workers. It can clear your mind to help you feel refreshed from stress and has both physical and mental benefits including:

- Increased body awareness
- Increased circulation
- Increased flexibility and range of motion
- Better relaxation
- Release of tension
- Improved performance
- Improved posture
- Prevention of injury from repetitive, everyday activities
- Cardiovascular benefits

Another factor to be aware of is "how" you sit each and every day? It is very important for the setup and design of your workstation to correlate with good posture, comfort, sufficient lighting, etc. In order to avoid aches, pains or other types of discomfort from office work. Log on to the following link to view a checklist from the US Department of Labor to get a better idea of what good office ergonomics entails:

<https://www.osha.gov/SLTC/etools/computerworkstations/checklist.html>

If you need help, Occupational Athletics can assist you with an Ergonomic Evaluation.

COMMON SUNSCREEN MISTAKES

The first sunscreen mistake is not wearing any! Spending too much time in the sun can increase risk for both skin cancer and premature skin aging.

Sun protection factor (SPF) applies only to the sunburn-causing UVB rays, meaning you'll need to look for the words "broad spectrum" so you're also protecting your skin against skin-damaging UVA rays. Here are the most common mistakes!

You only use a couple drops.
Less is not more when it comes to protecting yourself from the sun! Many people don't use enough; you want to slather it on and make sure you thoroughly cover all

Hearty Garlic Greens

Ingredients:

- 1 1/2 pounds autumn hearty greens, well washed, stems removed, and sliced into 3-inch strips
- 3 tablespoons extra-virgin olive oil
- 8 cloves garlic, sliced paper-thin
- 1 pound spinach
- 1/4 to 1/2 teaspoon red pepper flakes

Directions:

- Bring a large pot of salted water to a boil. Put hearty greens in water and blanch for 4 minutes. Immediately plunge blanched greens into a bowl of ice-cold water to stop the cooking. Drain, squeeze dry, and set aside.
- Heat oil and garlic in a large skillet over medium-low heat. Cook until the garlic is golden around the edges, 8 to 10 minutes. With a slotted spoon, remove garlic from skillet; set aside.
- Raise heat to high. Add hearty greens and cook for an additional 5 minutes. Add spinach; season with salt and red pepper flakes. Cook until spinach wilts, stirring frequently (about a minute). Return garlic to pan and stir. The greens can be served immediately or at room temperature.

www.wholeliving.com

Avocado Wasabi "Crab" Wraps

Ingredients:

- 1/2 cup wasabi mayonnaise
- 6 whole wheat tortillas (8 inches)
- 2 packages (8 ounces each) imitation crabmeat
- 1 medium avocado, peeled and thinly sliced
- 1 1/2 cups julienne, peeled jicama
- 1 medium sweet red pepper, julienned
- 1 small cucumber, seeded and julienned
- 3/4 cup bean sprouts

Directions:

- Divide the wasabi mayonnaise evenly among the 6 tortillas and spread to within 1/2 inch of edges.
- Layer with crabmeat, avocado, jicama, red pepper, cucumber and bean sprouts.
- Roll up tightly.

Working Safer and Easier Trabajando Más Seguro y Fácil

**For janitors, custodians, and housekeepers
Para limpiadores, bedeles, y amas de llave**

KNOW THE DANGERS
FAMILIARÍCESE CON LOS PELIGROS

Basic chemicals can make you sick.
Químicos básicos pueden causarle enfermedad.

Chemicals can enter the body.
Químicos pueden entrar en su cuerpo.

Read the SDS (Safety Data Sheets). Review hojas informativas de Seguridad de Productos Químicos.

USE CHEMICALS SAFELY
USE QUÍMICOS EN FORMA SEGURA

Don't mix chemicals.
No mezcle químicos.

Follow directions on container labels.
Aprenda como los químicos pueden dañarlo.

Use proper personal protective equipment.
Use equipo de protección apropiado.

EMERGENCIES! EMERGENCIAS!

Chemical exposure
La exposición a químicos

Emergency phone #'s
Numeros de teléfono de emergencia

First aid
Primeros auxilios

Eyewash station
Estación para lavarse los ojos

Seek medical attention.
Busque atención médica.

Know what to do if you get hurt.
Saber qué hacer si usted se lastima.





{09} What's on our table 2021 IN SEPTEMBER

1-27

Order online or with the toast app and you are automatically entered for our give-a-ways of Hydro-flask Bottles, Pop Sockets, Nintendo Switch, and Beats by Dre.



06

In Observance of Labor Day all locations will be closed.

16

Wholly Guacamole Day! Stop by Hawk's Cay Café for our house made Guacamole and Chips.

20

Just in Queso you didn't know.... it's National Queso Day and we are serving it up in Hawk's Cay Café.

29

Any friend of Coffee is a friend of ours!

Come on over to Starbucks for some great Coffee Deals today.



Monthly Update

Fall Semester Hours 2021

BRANDON CAMPUS

J. CLARK'S GRILLE

AT BUILDING BSSB

Monday - Thursday: 7:30 a.m. - 3 p.m.

Friday: Closed

WE PROUDLY SERVE STARBUCKS®

AT BUILDING BSSB

Monday - Thursday: 7:30 a.m. - 3 p.m.

Friday: Closed

ONLINE
ORDERING
IS HERE!

No time? Skip the line, go to hccflmetz.com/toast to order online and we'll have it ready when you arrive



DALE MABRY CAMPUS

J. CLARK'S GRILLE

AT HAWK'S CAY CAFE

Monday - Thursday: 7:30 a.m. - 5 p.m.

Friday: Closed

SUBWAY®

AT HAWK'S CAY CAFE

Monday - Thursday: 10 a.m. - 3 p.m.

Friday: Closed

PIZZA HUT®

AT HAWK'S CAY CAFE

Monday - Thursday: 10 a.m. - 3 p.m.

Friday: Closed

WE PROUDLY SERVE

STARBUCKS®

AT BUILDING DSSC, SGA LOUNGE

Monday - Thursday: 7:30 a.m. - 2 p.m.

Friday: Closed

ONLINE
ORDERING
IS HERE!

No time? Skip the line, go to hccflmetz.com/toast to order online and we'll have it ready when you arrive



YBOR CAMPUS

GREAT WRAPS®

AT BUILDING YBOR

Monday - Thursday: 9 a.m. - 3 p.m.

Friday: Closed

WE PROUDLY SERVE STARBUCKS®

AT BUILDING YLRC

Monday - Thursday: 7:30 a.m. - 2 p.m.

Friday: Closed

ONLINE
ORDERING
IS HERE!

No time? Skip the line, go to hccflmetz.com/toast to order online and we'll have it ready when you arrive





CONTACT INFORMATION

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Operations Supervisor

Gloria Young

Brandon Supervisor

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Bryan West

Pizza Hut & Starbucks Supervisor

Metz at HCC website: <http://www.hccflmetz.com>

Catering website: <https://hccatering.catertrax.com>

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<https://www.facebook.com/hillsboroughccdining>