



SUNDAY 4/15	MONDAY 4/16	TUESDAY 4/17	WEDNESDAY 4/18	THURSDAY 4/19	FRIDAY 4/20	SATURDAY 4/21
<p>CONTINENTAL BREAKFAST</p> <p>7 - 9 a.m.</p> <p>Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English at the toaster Assorted Breakfast Pastries</p> <p>BRUNCH 9 a.m.</p> <p>Omelets/Fried Eggs to order Assorted Breakfast Pastries Breakfast Burrito Bar Smoothie of the Day Make your own Belgian Waffles <i>Assorted Toppings</i> Lemon Ricotta Pancakes - Warm Syrup Grilled Bacon Grilled Sausage Breakfast Potatoes</p> <p>CONTINUED 11 a.m.</p> <p>Soup du Jour Fresh Fruit Bar Tossed Salad - Dressings Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Coffee Cake</p> <p>***All menus subject to change*** <i>Underlined items indicate "Vegetarian"</i> <i>"(v)" items indicate "Vegan"</i></p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian & Brown Rice Asian Noodle Bar Pot Roast of Beef - Gravy <u>Flatbread Pizza</u> (v) Boiled Potatoes Roasted Butternut Squash Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels, English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes Buttermilk Pancakes - Warm Syrup Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Chicken Noodle Soup <u>Vegetable Barley Soup</u> Chicken Cacciatore Italian Meatball Grinders <u>Veggie Burger</u> Sweet Potato Fries Roasted Plum Tomatoes & Basil Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Irish Nachos Roast Salmon - Balsamic Glaze <u>I Love Olive Pasta</u> Wild Rice Pilaf Sautéed Cabbage & Leeks Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Cupcake Bar</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels/English, Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes Buttermilk Pancakes - Warm Syrup</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Chili con Carne <u>Vegetarian Chili</u> TACO BAR TUESDAY Chicken Fajitas <u>Corn and Tomato Fajitas</u> Spanish Couscous Fresh Mixed Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Angel Food Cake with Chocolate Sauce</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry BIBIMBAP BOWL</p> <p>Kalbi Beef Chicken Bulgogi Fried Egg Spicy Tofu Steamed White Rice Assorted Namul Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Assorted Cookies</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels/English, Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - Warm Syrup Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Hot Pretzels - Salt & Mustard <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal <u>Broccoli White Bean Soup</u> Chicken Gumbo Grilled Tuna Salad with Sweet Pickle & Provolone on Artisan French Bread Grilled Pork Tenderloin with Lemon & Sage <u>Red Beans and Rice</u> Oven Roasted Potatoes Steamed Carrots Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Bistec a La Plancha Shrimp, Mussels & Chorizo <u>Garbanzo & Spinach Soffrito</u> Roasted Potatoes & Tomatoes Kale with Onions and Capers Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - Warm Syrup Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Curried Shrimp Bisque <u>Vegan White Bean & Garlic Soup</u> (v) Rueben Pizza London Broil - Marsala Sauce <u>Chickpea and Veggie Stir-Fry</u> (v) Roasted Rosemary Potatoes Steamed Fresh Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Rice Krispie Squares</p> <p>SEATED MEAL 6 p.m.</p> <p>MENU</p> <p>Hot and Sour Soup Cheese and Crackers Spinach Mandarin Orange Salad Korean Braised Beef Short Ribs Spicy Fried Tofu Steamed Rice Sesame Asparagus Dinner Rolls - Butter Ice Water - Milk Apple Rice Pudding Fresh Fruit Bowl</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels/English at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Banana Chocolate Chip Pancakes <i>Assorted Toppings</i> <i>Warm Syrup</i></p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> <u>Minestrone Soup</u> New England Clam Chowder</p> <p>Fresh, Local, Sustainable Seafood Catch of the Day</p> <p>Homemade Chicken Fingers - Duck Sauce <u>Lentil, Rice and Vegetable Bake</u> Homemade Shoestring Fries Gingered Carrots with Lemon Zest Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p> <p>FOOD COMMITTEE FRIDAY</p> <p>5:30 - 7 p.m. Isabel Cody</p> <p>Soup du jour <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal MYO Stir-Fry Grilled Lime & Garlic Chicken Chicharrónes Tofu Sofritas Beans and Rice Roasted White Corn and Peppers Sweet Fried Plantains Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt MYO Ice Cream Sandwich Bar (nut free)</p>	<p>BREAKFAST 6:45 - 8:15 a.m.</p> <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English, Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Make your own Belgian Waffles <i>Assorted Toppings</i> Grilled Bacon Grilled Sausage Breakfast Potatoes French Toast - Warm Syrup Sunbutter Bars</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar New England Baked Beans & Franks <i>with Brown Bread</i> Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> <u>Tomato Soup</u> Sweet Sausage Grinder Bar Chicken Stir-Fry <u>Okinawan Rice and Tofu</u> Herbed Rice Pilaf Spring Medley of Fresh Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Assorted Pies</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian & Brown Rice MYO Stir-fry Roast Turkey Dinner <i>Bread Dressing, Gravy</i> <u>Nacho Bar</u> Mashed Fresh Potatoes Sweet Peas Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p>

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than non-heme iron from plant foods.

- Zinc: Zinc is mainly found in animal protein sources, such as beef, pork and lamb. It is also more easily absorbed and used from animal protein sources.

Of course, there are also plenty of nutrients found in plants that are lacking in animal foods. Therefore, eating balanced amounts of both is the best way to get all the nutrients you need.

Bottom Line: Animal protein sources are higher in certain nutrients, such as vitamin B12, vitamin D, the omega-3 fatty acid DHA, heme-iron and zinc.

Certain Types of Meat May Cause Disease

Red meat is a high-quality protein source.

Several observational studies have linked red meat consumption to an increased risk of heart disease, stroke and early death.

However, further research has suggested that the problem is not with all red meat, but rather with processed red meat.

In a large observational study including 448,568 individuals, processed meat was linked to an increased risk of death, with no effect for unprocessed red meat.

Another study involving over 34,000 women made similar observations. In this case, processed meat was associated with heart failure.

Also, a large review of 20 studies found that processed meat was associated with an increased risk of heart disease and diabetes. Again, no association was found for unprocessed red meat.

Additional studies have confirmed that unprocessed red meat consumption is not linked to heart disease.

Despite this, one study found that replacing 1 serving per day of red meat with 1 serving of poultry was associated with a 27% lower risk of stroke.

Furthermore, the health risks associated with processed red meat are not linked to fish and other meats, such as turkey and chicken.

Bottom Line: Processed red meat is associated with an increased risk of disease. Unprocessed red meat and other lean meats are generally healthy.

Diets High in Plant Protein are Linked to Many Benefits

Diets high in plant protein, such as the vegetarian diet, are linked with many health benefits.

Studies suggest vegetarians tend to have a lower body weight, lower cholesterol and lower blood pressure levels.

They also have a lower risk of stroke, cancer and death from heart disease than non-vegetarians.

Lower Risk of Heart Disease

A study found that a diet rich in protein (about half from plants) lowered blood pressure, cholesterol levels and the risk of heart disease more than a standard diet or a healthy high-carb diet (16).

The EcoAtkins trial found that a low-carb, high-plant protein diet helped lower cholesterol and blood pressure more than a high-carb, low-fat diet.

Reduced Risk of Type 2 Diabetes

One small study of people with type 2 diabetes found that replac-

ing 2 servings of red meat with legumes 3 days per week improved cholesterol and blood sugar.

However, another small 6-week study of diabetics compared a diet high in plant protein with a diet high in animal protein. No differences were found in blood sugar, cholesterol and blood pressure.

Protection Against Weight Gain

Diets high in plant protein may also help you control your weight.

An observational study following 120,000 men and women over 20 years found that eating more nuts was linked to weight loss.

Also, eating one serving of beans, chickpeas, lentils or peas per day can increase fullness and may lead to better weight management and weight loss.

Correlation Does Not Imply Causation

It's important to remember that observational studies only report statistical associations. They cannot prove that these benefits were caused by eliminating meat or other animal protein sources.

One thing to consider is that people on vegetarian diets tend to be more health-conscious than the general population.

Therefore, the health benefits of vegetarian diets are likely due to overall healthier diets and lifestyles, rather than any inherent difference between plant and animal proteins.

Bottom Line: A diet high in plant protein is linked to a lower risk of heart disease, diabetes and obesity. This may be explained by an overall healthier lifestyle in vegetarians.

Animal Protein Also Has Health Benefits

Animal protein is also associated with positive health effects, despite often being portrayed as unhealthy compared to plant protein.

The Nurses' Health study reported that poultry, fish and low-fat dairy were associated with a lower risk of heart disease.

People who eat fish regularly are also likely to have a lower risk of heart attacks, strokes and death from heart disease.

One study of more than 40,000 males found that those who regularly ate one or more servings of fish per week had a 15% lower risk of heart disease.

Additionally, eating eggs has been linked to improved cholesterol levels and weight loss. In one study, women who ate eggs for breakfast, rather than a bagel, reported feeling fuller and ate less later in the day.

Last but not least, eating animal protein is linked with increased lean muscle mass and a reduction in the muscle loss that occurs with age.

Bottom Line: Certain animal protein sources are linked to a reduced risk of heart disease, improved cholesterol levels, weight loss and increased muscle mass.

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"Strive mightily but eat and drink as friends"

Bon Appétit



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

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Animal vs Plant Protein – What's the Difference?

About 20% of the human body is made up of protein.

Because your body doesn't store protein, it's important to get enough from your diet each day.

You can get protein from many food sources, including plants and animals.

Some people claim that the source of the protein, whether animal or plant, shouldn't matter.

Others suggest that plant protein is superior to animal protein.

This article compares animal and plant proteins.

The Amino Acid Profile Varies Between Plant and Animal Proteins

When eaten, protein is broken down into amino acids.

Proteins and amino acids are used for almost every metabolic process in the body.

However, different proteins can vary greatly in the types of amino acids they contain.

While animal proteins tend to contain a good balance of all the amino acids that we need, some plant proteins are low in certain amino acids.

For example, some key plant proteins are often low in methionine, tryptophan, lysine and isoleucine.

Bottom Line: All proteins are made up of amino acids, although the amount and type of each amino acid varies based on the protein source.

Animal Proteins Are Complete, But Plant Proteins Are Not

In total, there are around 20 amino acids that the human body uses to build proteins.

These amino acids are classified as either essential or non-essential.

Your body can produce non-essential amino acids. However, it cannot produce essential amino acids, which need to be obtained through your diet.

For optimal health, your body needs all the essential amino acids in the right ratios.

Animal protein sources, such as meat, fish, poultry, eggs and dairy, are similar to the protein found in your body.

These are considered to be complete sources of protein because they contain all of the essential amino acids that your body needs to function effectively.

On the contrary, plant protein sources, such as beans, lentils and nuts are considered to be incomplete, as they lack one or more of the essential amino acids that your body needs.

Some sources report soy protein as complete. However, two essential amino acids are only found in small amounts in soy, so it isn't comparable to animal protein.

Bottom Line: Animal foods are the highest quality protein sources. Plant sources lack one or more amino acids, which makes it more difficult to get all the amino acids that your body needs.

Some Nutrients Are More Abundant in Animal Protein Sources

Of course, proteins are rarely found in isolation. They usually come with a wide variety of other nutrients.

Foods that contain animal protein tend to be high in several nutrients that are often lacking in plant foods.

These include:

- Vitamin B12: Vitamin B12 is mainly found in fish, meat, poultry and dairy products. Many people who avoid animal foods are deficient.
- Vitamin D: Vitamin D is found in oily fish, eggs and dairy. Some plants contain it, but the type found in animal foods is better used by your body.
- DHA: Docosahexaenoic acid (DHA) is an essential omega-3 fat found in fatty fish. It's important for brain health and is hard to get from plant sources.
- Heme-iron: Heme-iron is predominantly found in meat, especially red meat. It is much better absorbed in the body

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