



* MENU *



SUNDAY
9/5

MONDAY
9/4

TUESDAY
9/5

WEDNESDAY
9/6
BREAKFAST 7 - 8:30 a.m.

THURSDAY
9/7
BREAKFAST 7 - 8:30 a.m.

FRIDAY
9/8
BREAKFAST 7 - 8:30 a.m.

SATURDAY
9/9
BREAKFAST 7 - 9 a.m.

HAPPY

LABOR

DAY

WEEKEND

All menus subject to change
Underlined items indicate "meatless"
"(v)" items indicate "Vegan"

CONTINENTAL

BREAKFAST

7 - 9

LUNCH 11 - 1 p.m.

Salad Bar Deli Bar
Assorted Hot/Cold Cereal
Red Pepper and Basil Bisque
Chicken Rice Soup
Assorted Pasta & Sauces
Steak Tagliata
Chicken Marsala
Baked Ziti with Tomato & Mozzarella
Herbed Rice Pilaf
Fresh Broccoli with Garlic and Red Pepper
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Salad
Novelties - Frozen Yogurt
Chocolate Chip Cookies

DINNER 5:30 - 7 p.m.

Soup du jour Salad Bar
Assorted Hot/Cold Cereal
Assorted Pastas & Sauces
Asian, Steamed and Brown Rice
MYO Stir-Fry
Rosemary Pesto Roast Pork
Cioppino - Seafood Stew
Cannellini Bean Ragu
Mushroom Risotto
Glazed Carrots
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Salad
Novelties - Frozen Yogurt
Rice Krispie Squares

Chilled Juices - Fresh Fruit
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
English/Bagels/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Bagel Breakfast
French Toast - *Warm Syrup*
Breakfast Potatoes

LUNCH 11 - 1 p.m.

Salad Bar Deli Bar
Hot Buttered Popcorn
Assorted Hot/Cold Cereal
White Bean Soup
Beef Barley Soup
Assorted Pasta & Sauces
Buffalo Chicken Wings
with Celery & Bleu Cheese Dressing
Chinese Pie
Vegetarian Shepherd's Pie
Brown Rice Pilaf
Fresh Roasted Vegetable Medley
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Salad
Novelties - Frozen Yogurt
Gifford's Ice Cream Bar

DINNER 5:30 - 7 p.m.

Soup du jour Salad Bar
Assorted Hot/Cold Cereal
Assorted Pastas & Sauces
Asian, Steamed and Brown Rice
MYO Stir-Fry
Roast Beef - *Au Jus*
Roast Chicken Leg
Vegetarian Stuffed Cabbage
Baked Potato Bar - *Assorted Toppings*
Roasted Brussels Sprouts
Jello - Pudding - Fresh Fruit Salad
Novelties - Frozen Yogurt
Gifford's Ice Cream Bar

Chilled Juices - Fresh Fruit
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
English/Bagels/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Croissant Breakfast
Chocolate Chip Pancakes
Warm Syrup
Grilled Sausage
Grilled Bacon
Breakfast Potatoes
Assorted Muffins

LUNCH 11 - 1 p.m.

Salad Bar Deli Bar
Assorted Hot/Cold Cereal
Chicken Noodle Soup
Vegetable Lentil Soup
Assorted Pasta & Sauces
Hot Pastrami on an Onion Roll with Melted Provolone Cheese
Fish Tacos
Cheesy Kale Bake
Hand Cut French Fries
Fresh Steamed Spinach
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Salad
Novelties - Frozen Yogurt
Lemon Cake

DINNER 5:30 - 7 p.m.

Soup du jour Salad Bar
Assorted Hot/Cold Cereal
Assorted Pastas & Sauces
Asian, Steamed and Brown Rice
MYO Stir-Fry
Shrimp Provençal
Dijon Chicken
Vegetarian Quiche
Roasted Red Potatoes *with Rosemary*
Sautéed Swiss Chard
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Salad
Novelties - Frozen Yogurt
Angel Food Cake *with Berries and Cream*

Chilled Juices - Fresh Fruit
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
English/Bagels/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Bagel Breakfast
Blueberry Pancakes - *Warm Syrup*
Breakfast Potatoes

LUNCH 11 - 1 p.m.

Salad Bar Deli Bar
Assorted Hot/Cold Cereal
New England Clam Chowder
Vegetable Barley Soup
Assorted Pasta & Sauces
American Chop Suey
Greek Chicken Tenders
Lentil Ragout (v)
Wild Rice Pilaf
Greek Green Beans
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Salad
Novelties - Frozen Yogurt
Gifford's Ice Cream Bar

DINNER 5:30 - 7 p.m.

Soup du jour Salad Bar
Assorted Hot/Cold Cereal
Assorted Pastas & Sauces
Asian, Steamed and Brown Rice
MYO Stir-Fry
Roast Pork Loin - *Gravy*
Chickpea Ratatouille
Rice Florentine
Fresh Broccoli Rabe
Apple Sauce
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Salad
Chocolate Cake

Chilled Juices - Fresh Fruit
Smoothie Bar
Assorted Hot/Cold Cereal
Fresh Fruit and Yogurt Bar
English/Bagels/Artisan Breads
at the toaster
Hard Cooked Eggs
Omelets to order
Scrambled Eggs
Make your own Belgian Waffles
Assorted Toppings
Croissant Breakfast
Breakfast Potatoes
French Toast - *Warm Syrup*
Grilled Sausage
Grilled Bacon
Assorted Muffins

LUNCH 11 - 1 p.m.

Salad Bar Deli Bar
Assorted Hot/Cold Cereal
Soup du Jour
Assorted Pasta & Sauces
Noodle Soup
GREEK SALAD BAR
Grilled Breast of Chicken
Mediterranean Tofu
Roasted Sweet Potatoes
Zucchini Squash and Plum Tomatoes
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Salad
Novelties - Frozen Yogurt
Cheesecake Squares

Community Cook-out and Lawn Games
(Hosted By Ohrstrom Library)
Chapel Lawn 5:30 - 7:30
(Middle Dining Room if Rain)

Hamburgers - Cheeseburgers
Veggie Burgers - Quinoa Chili
Tossed Salad - Dressings
Corn on the Cob
Potato Chips - Pickles
Watermelon
Brownies
Ice Water - Lemonade

Minerals

Minerals are elements that our bodies must have in order to create specific molecules needed in the body. Here are some of the more common minerals our bodies need:

- Calcium - used by teeth, bones
- Chlorine
- Chromium
- Copper
- Fluorine - strengthens teeth
- Iodine - combines with tryosine to create the hormone thyroxine
- Iron - transports oxygen in red blood cells
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium - important ion in nerve cells
- Selenium
- Sodium
- Zinc

We do need other minerals, but they are supplied in the molecule that uses them. For example, sulfur comes in via the amino acid methionine, and cobalt comes in as part of vitamin B12.

Food provides these minerals. If they are lacking in the diet, then various problems and diseases arise.

Water

As mentioned above, your body is about 60-percent water. A person at rest loses about 40 ounces of water per day.

Water leaves your body in the urine, in your breath when you exhale, by evaporation through your skin, etc. Obviously, if you are working and sweating hard then you can lose much more water.

Because we are losing water all the time, we must replace it. We need to take in at least 40 ounces a day in the form of moist foods and liquids. In hot weather and when exercising, your body may need twice that amount. Many foods contain a surprising amount of water, especially fruits. Pure water and drinks provide the rest.

Fibers

Fiber is the broad name given to the things we eat that our bodies cannot digest. The three fibers we eat on a regular basis are:

- Cellulose
- Hemicellulose
- Pectin

Hemicellulose is found in the hulls of different grains like wheat. Bran is hemicellulose. Cellulose is the structural component of plants. It gives a vegetable its familiar shape. Pectin is found most often in fruits, and is soluble in water but non-digestible. Pectin is normally called “water-soluble fiber” and forms a gel. When we eat fiber, it simply passes straight through, untouched by the digestive system.

Cellulose is a complex carbohydrate. It is a chain of glucose molecules. Some animals and insects can digest cellulose. Both cows and termites have no problem with it because they have bacteria in their digestive systems secreting enzymes that break down cellulose into glucose. Human beings have neither the enzymes nor these beneficial bacteria, so cellulose is fiber for us.

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More on the "Basics of Food" in the next edition of "Bon Appetit"



Bon Appetit



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

September 3, 2017

Vol. XXV No. 1

The Basics of Food

Vitamins

The Merriam-Webster Collegiate Dictionary defines “vitamin” as:

vi.ta.min: *any of various organic substances that are essential in minute quantities to the nutrition of most animals and some plants, act esp. as coenzymes and precursors of coenzymes in the regulation of metabolic processes but do not provide energy or serve as building units, and are present in natural foodstuffs or sometimes produced within the body*

Vitamins are smallish molecules (Vitamin B12 is the largest, with a molecular weight of 1,355) that your body needs to keep itself running properly. In How Sunburns and Sun Tans Work, we learn that the body can produce its own Vitamin D, but generally vitamins must be provided in food. The human body needs 13 different vitamins:

- Vitamin A (fat soluble, retinol) comes from beta-carotene in plants; when you eat beta-carotene, an enzyme in the stomach turns it into Vitamin A.
- Vitamin B (water soluble, several specific vitamins in the complex)
 - Vitamin B1: Thiamine
 - Vitamin B2: Riboflavin
 - Vitamin B3: Niacin
 - Vitamin B6: Pyridoxine
 - Vitamin B12: Cyanocobalamin
 - Folic Acid

- Vitamin C (water soluble, ascorbic acid)
- Vitamin D (fat soluble, calciferol)
- Vitamin E (fat soluble, tocopherol)
- Vitamin K (fat soluble, menaquinone)
- Pantothenic acid (water soluble)
- Biotin (water soluble)

In most cases, the lack of a vitamin causes severe problems. The following list shows diseases associated with the lack of different vitamins:

- Lack of Vitamin A: Night blindness, xerophthalmia
- Lack of Vitamin B1: Beriberi
- Lack of Vitamin B2: Problems with lips, tongue, skin,
- Lack of Vitamin B3: Pellagra
- Lack of Vitamin B12: Pernicious anemia
- Lack of Vitamin C: Scurvy
- Lack of Vitamin D: Rickets
- Lack of Vitamin E: Malabsorption of fats, anemia
- Lack of Vitamin K: Poor blood clotting, internal bleeding

A diet of fresh, natural food usually provides all of the vitamins that you need. Processing tends to destroy vitamins, so many processed foods are “fortified” with man-made vitamins.