



SUNDAY 2/10	MONDAY 2/11	TUESDAY 2/12	WEDNESDAY 2/15	VALENTINE'S 2/14 DAY	FRIDAY 2/15	SATURDAY 2/16
CONTINENTAL BREAKFAST 7 - 9 a.m. Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Assorted Danish Pastries BRUNCH 9 a.m. Omelets/Fried Eggs to order Eggs Benedict to order Assorted Breakfast Pastries Smoothie of the Day Make your own Belgian Waffles <i>Assorted Toppings</i> French Toast to order Buttermilk Pancakes - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes CONTINUED 11 a.m. Soup du Jour Servery Salad Bar - <i>Dressings</i> Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream ***All menus subject to change*** <i>Underlined items indicate "Vegetarian"</i> <i>"(v)" items indicate "Vegan"</i> DINNER 5:30 - 7 p.m.	BREAKFAST 6:45 - 8:15 a.m. Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes French Toast - <i>Warm Syrup</i> LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Italian Wedding Soup <u>Potato Leek Soup</u> Pepper Steak Subs Tortellini Carbonara <u>Tofu, Edamame, White Bean Stir Fry (v)</u> Homemade Onion Rings Sweet Peas and Carrots Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Steak Tips Fresh Salmon <i>with Mango Salsa</i> <u>Aloo Matar</u> Macaroni & Cheese Fresh Whole Green Beans Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Assorted Cookies	BREAKFAST 6:45 - 8:15 a.m. Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - <i>Warm Syrup</i> Assorted Muffins LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Mushroom Beef Barley Soup <u>Garbanzo Bean Soup</u> <i>with Spinach & Leeks</i> Portuguese Fish Stew - <i>Mussels and Shrimp</i> Grilled Black Russian Sandwich - <i>Roast Beef, Turkey, Swiss Cheese & Thousand Island Dressing on Rye</i> <u>Lentil Curry</u> Sweet Potato Fries Fresh Steamed Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Chocolate Cake DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal Assorted Pasta & Sauces MYO Stir-Fry Curry Beef Rendang Hainanese Chicken <u>Curried Sweet Tofu</u> Steamed White Rice Stir-Fried Fresh Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Assorted Pies	BREAKFAST 6:45 - 8:15 p.m. Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Vegetarian Baked Beans Hard Cooked Eggs Make your own Belgian Waffles <i>Assorted Toppings</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Breakfast Burrito Bar Grits Breakfast Potatoes Blueberry Pancakes - <i>Warm Syrup</i> LUNCH 11 - 1 p.m. Salad Bar Deli Bar Hot Pretzels - mustard, salt <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Beef Noodle Soup <u>Split Pea Soup</u> Tuna Salad, with Sweet Pickle & Provolone <i>Cheese on Artisan French Bread</i> Marinated Roast Chicken <i>with Pesto</i> <u>Cheesy Kale Bake</u> Hand Cut Potato Chips Fresh Zucchini - <i>with Plum Tomatoes</i> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> CHIPOTLE NIGHT Chicken - Pork - Beef <i>Black Beans Refried Beans</i> <i>Guacamole Salsas</i> <u>Tofu Sofrito</u> Cilantro Lime Rice Roasted White Corn & Peppers Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar	BREAKFAST 6:45 - 8:15 a.m. Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Scrambled Eggs Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - <i>Warm Syrup</i> Assorted Muffins SEATED LUNCH 12 Noon MENU Minestrone Soup Caesar Salad Chicken Parmesan <i>Marinara Sauce</i> Eggplant Parmesan Penne Pasta Fresh Garlic Broccoli Rolls - Butter Milk - Ice Water Valentine's Cupcakes DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry BIBIMBAP BOWL Kalbi Beef Chicken Bulgogi Fried Egg Spicy Korean Tofu Steamed Rice Assorted Namul Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Salad Novelties - Soft Serve Ice Cream Strawberry Shortcake	BREAKFAST 6:45 - 8:15 a.m. Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes French Toast - <i>Warm Syrup</i> LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal <u>Lentil Soup</u> New England Clam Chowder Chicken Pattie Sandwich Fresh, Local, Sustainable Seafood Catch of the Day <u>Red Thai Chili (v)</u> Hand Cut Spicy Fries Sauteed Swiss Chard Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar FOOD COMMITTEE FRIDAY 5:30 - 7 p.m. Claire Yoo Soup du jour Salad Bar Assorted Hot/Cold Cereal MYO Stir-Fry Greek Salad with Feta Cheese Greek Gyros Fried Squid Falafel Bar Spanakorizo - Greek Rice Greek Green Beans Assorted Breads, Rolls & Bagels Novelties - Soft Serve Ice Cream Novelties - Frozen Yogurt Baklava	BREAKFAST 6:45 - 8:15 a.m. Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Make your own Belgian Waffles <i>Assorted Toppings</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - <i>Warm Syrup</i> Assorted Muffins LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Soup du Jour Monte Cristo Sandwich - <i>Warm Syrup</i> Buffalo Chicken Wings <u>Chickpea Tagine</u> Baked Potato Bar - <i>Assorted Toppings</i> Fresh Mixed Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Maple Walnut Fudge DINNER 5:30 - 7 p.m. New England Baked Beans & Franks <i>with Brown Bread</i> Salad Bar Assorted Hot/Cold Cereal Soup du jour <u>Assorted Pasta & Sauces</u> Asian, and Brown Rice MYO Stir-Fry NACHO BAR Turkey Pot Pie <u>Lemony Lentils with Black Olives (v)</u> Oven Roasted Red Potatoes <i>Rosemary & Garlic</i> Fresh Steamed Carrots Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream MYO Gifford's Sundae Bar

Continued from the front

Symptoms of fructose malabsorption include:

- Reflux
- Gas
- Diarrhea
- Nausea
- Abdominal pain
- Vomiting
- Bloating

People with an intolerance to fructose are often also sensitive to other FODMAPs and can benefit from following a low-FODMAP diet.

In order to manage symptoms related to fructose malabsorption, the following high-fructose foods should be avoided:

- Soda
- Honey
- Apples, apple juice and apple cider
- Agave nectar
- Foods containing high-fructose corn syrup
- Certain fruits like watermelon, cherries and pears
- Certain vegetables like sugar snap peas

SUMMARY

Fructose is a simple sugar that is malabsorbed by many people. It can cause symptoms such as bloating, gas and diarrhea in those who can't properly absorb it.

Other Common Food Intolerances

The food intolerances listed above are among the most common types.

However, there are many other foods and ingredients to which people may be intolerant, including:

- **Aspartame:** Aspartame is an artificial sweetener that is commonly used as a sugar substitute. Although research is conflicting, some studies have reported side effects like depression and irritability in people with a sensitivity.
- **Eggs:** Some people have difficulty digesting egg whites but are not allergic to eggs. Egg intolerance is associated with symptoms like diarrhea and abdominal pain.
- **MSG:** Monosodium glutamate, or MSG, is used as a flavor-enhancing additive in foods. More research is needed, but some studies have shown that large amounts can cause headache, hives and chest pain.
- **Food colorings:** Food colorings like Red 40 and Yellow 5 have been shown to cause hypersensitivity

reactions in some people. Symptoms include hives, skin swelling and stuffy nose.

- **Yeast:** People with a yeast intolerance generally experience less severe symptoms than those with a yeast allergy. Symptoms are typically limited to the digestive system.
- **Sugar alcohols:** Sugar alcohols are often used as zero calorie alternatives to sugar. They can cause major digestive issues in some people, including bloating and diarrhea.

SUMMARY

There are many foods and food additives to which people are intolerant. Food colorings, MSG, eggs, aspartame and sugar alcohols have all been shown to cause symptoms in certain people.

The Bottom Line

Food intolerances differ from allergies. Most do not trigger the immune system, and their symptoms are usually less severe.

However, they can negatively impact your health and should be taken seriously.

Many people are intolerant or hypersensitive to foods and additives like dairy products, caffeine and gluten.

If you suspect that you may be intolerant to a certain food or food additive, speak to your doctor or dietitian about testing and treatment options.

Although food intolerances are usually less serious than food allergies, they can negatively affect your quality of life.

This is why it's important to take steps to identify food intolerances in order to prevent unwanted symptoms and health issues.

SUMMARY

Histamine is a compound that can cause symptoms like itching, hives and stomach cramps in people who are unable to properly break down and excrete it from the body.

Written by Jillian Kubala, MS, RD on January 25, 2018



"Strive mightily but eat and drink as friends"

Bon Appétit

THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

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The 8 Most Common Food Intolerances

Part 3

7. Sulfites

Sulfites are chemicals that are primarily used as preservatives in foods, drinks and some medications.

They can also be found naturally in some foods like grapes and aged cheeses.

Sulfites are added to foods like dried fruit to delay browning and wine to prevent spoilage caused by bacteria.

Most people can tolerate the sulfites found in foods and beverages, but some people are sensitive to these chemicals.

Sulfite sensitivity is most common in people with asthma, though people without asthma can be intolerant to sulfites as well.

Common symptoms of sulfite sensitivity include:

- Hives
- Swelling of the skin
- Stuffy nose
- Hypotension
- Flushing
- Diarrhea
- Wheezing
- Coughing

Sulfites can even cause airway constriction in asthmatic patients with sulfite sensitivity, and, in severe cases, it can lead to life-threatening reactions.

The Food and Drug Administration (FDA) mandates that the use of sulfites must be declared on the label of any food that contains sulfites or where sulfites were used during the processing of food.

Examples of foods that may contain sulfites include:

- Dried fruit
- Wine
- Apple cider
- Canned vegetables
- Pickled foods
- Condiments
- Potato chips
- Beer
- Tea
- Baked goods

SUMMARY

Sulfites are commonly used as preservatives and can be found naturally in certain foods. People who are hypersensitive to sulfites can experience symptoms like stuffy nose, wheezing and low blood pressure.

8. Fructose

Fructose, which is a type of FODMAP, is a simple sugar found in fruits and vegetables, as well as sweeteners like honey, agave and high-fructose corn syrup.

The consumption of fructose, especially from sugar-sweetened beverages, has risen dramatically in the past forty years and been linked to an increase in obesity, liver disease and heart disease.

Aside from a rise in fructose-related diseases, there has also been a surge in fructose malabsorption and intolerance.

In people with fructose intolerance, fructose isn't efficiently absorbed into the blood.

Instead, the malabsorbed fructose travels to the large intestine, where it is fermented by gut bacteria, causing digestive distress.

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