



SUNDAY 5/20	MONDAY 5/21	TUESDAY 5/22	WEDNESDAY 5/25	THURSDAY 5/24	FRIDAY 5/25	SATURDAY 5/26
<b>CONTINENTAL BREAKFAST</b>  7 - 9 a.m. Chilled Juices - Fresh Fruit Assorted Hot/Cold Cereal Bagels/English/Artisan Breads <i>at the toaster</i> Assorted Breakfast Pastries  <b>BRUNCH 9 a.m.</b>  Omelets to order Eggs Benedict to order <b>Make your own Belgian Waffles</b> <i>Assorted Toppings</i> French Toast to order Buttermilk Pancakes - Warm Syrup Grilled Bacon Grilled Sausage Breakfast Potatoes	<b>BREAKFAST 6:45 - 8:15 a.m.</b> Chilled Juices <b>Smoothie Bar</b> 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 to order Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage Chocolate Chip Pancakes - Warm Syrup  <b>LUNCH 11 - 1 p.m.</b> <b>Salad Bar</b> <b>Deli Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <u>Tomato Bisque</u> Turkey Rice Soup Homemade Chicken Fingers <i>Assorted Sauces</i> <b>Macaroni and Cheese Bar</b> Rice and Lentil Pilar Whole Kernel Corn Steamed Fresh Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	<b>BREAKFAST 6:45 - 8:15 a.m.</b> Chilled Juices <b>Smoothie Bar</b> 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 Grilled Bacon Grilled Sausage French Toast - Warm Syrup Assorted Muffins  <b>LUNCH 11 - 1 p.m.</b> <b>Salad Bar</b> <b>Deli Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <u>Cold Fruit Soup</u> Beef Barley Soup Chicken Parmesan Grilled Tuna Roll <u>Okinawan Rice</u> <i>with Bean Sprouts and Tofu</i> Rosemary Roasted Potatoes Grilled Zucchini & Summer Squash Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Oatmeal Raisin Cookies	<b>BREAKFAST 6:45 - 8:15 a.m.</b> Chilled Juices <b>Smoothie Bar</b> Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels/English/Artisan Breads <i>at the toaster</i> Omelets to order Scrambled Eggs <b>Breakfast Burrito Bar</b> <b>Make your own Belgian Waffles</b> <i>Assorted Toppings</i> Breakfast Potatoes Blueberry Pancakes - Warm Syrup  <b>LUNCH 11 - 1 p.m.</b> <b>Salad Bar</b> <b>Deli Bar</b> <b>Hot Buttered Popcorn</b> <u>Assorted Pasta &amp; Sauces</u> Assorted Hot/Cold Cereal Chicken and Corn Soup <u>Lentil Soup</u> (v) Baked Penne <i>with Sweet Sausage</i> <b>BACON, LETTUCE AND TOMATO WRAP BAR</b> <u>Sun Dried Tomato Ravioli</u> <i>with Red Pepper Basil</i> Coconut Mashed Sweet Potatoes Fresh Asparagus <i>with Lemon Zest</i> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	<b>BREAKFAST 6:45 - 8:15 a.m.</b> Chilled Juices <b>Smoothie Bar</b> 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 - Warm Syrup Assorted Muffins  <b>LUNCH 11 - 1 p.m.</b> <b>Salad Bar</b> <b>Deli Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <u>Green Velvet Soup</u> Pork Noodle Soup Meatball Subs Turkey Divan Falafel Bar Sautéed Fresh Greens Sweet Peas Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Mocha Cake	<b>BREAKFAST 6:45 - 8:15 a.m.</b> Chilled Juices <b>Smoothie Bar</b> 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 English Muffin Breakfast Breakfast Potatoes French Toast - Warm Syrup  <b>LUNCH 11 - 1 p.m.</b> <b>Salad Bar</b> <b>Deli Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <u>Potato Leek Soup</u> Chicken and Orzo Soup BBQ Brisket Sandwich Baked Fresh Haddock <i>with Ritz Crumb Topping</i> <u>Pad Thai with Edamame</u> <i>Herbed Orecchiette with Cannellini Beans and Spinach</i>  Herbed Rice Pilaf Oven Roasted Fresh Vegetable Medley Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	<b>BREAKFAST 6:45 - 8:15 a.m.</b> Chilled Juices <b>Smoothie Bar</b> Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Omelets to order Scrambled Eggs Croissant Breakfast <b>Make your own Belgian Waffles</b> <i>Assorted Toppings</i> Breakfast Potatoes Grilled Bacon Grilled Sausage Buttermilk Pancakes - Warm Syrup Assorted Muffins  <b>LUNCH 11 - 1 p.m.</b> <b>Salad Bar</b> <b>Deli Bar</b> Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <b>New England Baked Beans &amp; Franks</b> <i>with Brown Bread</i> <u>Assorted Pasta &amp; Sauces</u> Assorted Hot/Cold Cereal Soup du Jour <b>Greek Gyro Bar</b> Garlic Shrimp <i>with Basil Vegetables</i> <u>Quinoa and Mango Chili</u> Baked Potato - <i>Butter, Sour Cream</i> Swiss Chard and Ginger Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Apple Crisp
<b>CONTINUED 11 a.m.</b>  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 Novelties - Frozen Yogurt Coffee Cake  ***All menus subject to change*** <i>Underlined items indicate "Vegetarian"</i> <i>"(v)" items indicate "Vegan"</i>	<b>DINNER 5:30 - 7 p.m.</b> Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> Asian and Brown Rice Beef and Bean Burritos Chicken Fajita Bar <u>Veggie Fajita Bar</u> Spanish Rice White Corn and Peppers Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	<b>100 MILE SEATED MEAL 6:00 p.m.</b> <b>MENU</b> Vermont Cheese and Crackers <i>Cabot Creamery, Cabot VT</i> Baby Greens Salad with Tomatoes <i>Lef Farms, Loudon, NH - Maine grown tomatoes</i> Gourmet Burgers <i>Maine Family Farms, Portland, ME</i> <i>Piantadosi Bakery, Malden, MA</i> Vegetarian Harvest Stew <i>Roasted Butternut Squash with Sage</i> <i>Autumn View Farm, Pittsfield, NH</i> Maine Grown Mashed Potatoes Milk - Ice Water <i>Bartlett Dairy, Concord, NH</i> Maine Blueberry Cobbler Fresh Apple Bowl <i>Carter Hill Orchard, Concord, NH</i>	<b>DINNER 5:30 - 7 p.m.</b> Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <b>MYO Stir-Fry Vegetarian/Vegan Bar</b> Pork Vindaloo Telangana Curry Chicken <u>Black-eyed Pea Masala</u> Punjabi Okra Stir-Fry Tomato Biryani Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	<b>EMILY'S DINNER 5:30 - 7 p.m.</b> Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <b>MYO Stir-Fry Vegetarian/Vegan Bar TACO BAR</b> <i>Assorted Toppings</i> Chicken Picatta <u>Spinach Pie</u> White Rice - Brown Rice Steamed Fresh Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Chocolate Cake	<b>DINNER 5:30 - 7 p.m.</b> Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> <b>MYO Stir-Fry Vegetarian/Vegan Bar</b> Jamaican Burgers Jerk Chicken Wings <u>Black Beans</u> <u>Spinach Pie</u> Yucca Fries Collard Greens Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Assorted Pies	<b>DINNER 5:30 - 7 p.m.</b> Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta &amp; Sauces</u> Asian, Steamed & Brown Rice <b>MYO Stir-Fry Vegetarian/Vegan Bar</b> Homemade Sweet Sausage Calzones <u>Spinach and Ricotta Calzones</u> Wild Rice Pilaf <i>with Craisins</i> Fresh Spring Medley of Vegetable Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's MYO Sundae Bar

In one study published in the journal *Nutrition Metabolism*, dieters who increased their protein intake to 30% of their total diet ate about 450 fewer calories a day. Over 12 weeks, that equals 11 pounds lost—without doing anything else! Protein sources such as lean meats, dairy, eggs and legumes are especially important because they supply the amino acids that your body needs to build the components of your immune system. Lean meats also contain iron and zinc; deficiencies of these minerals can depress your immune system.

#### **Oatmeal**

One cup of warm, gooey oatmeal contains 4 grams of fiber and 6 grams of protein, a combination that slows the digestion of carbs, reduces your insulin response, and keeps you fuller for longer, says Batayneh. In fact, a study published in the *European Journal of Clinical Nutrition* evaluated 38 common foods and found that oatmeal was the third most filling. When possible, opt for steel-cut oatmeal, which goes through less processing than other varieties and as a result has a lower Glycemic Index score, a measurement of how much a food increases your blood sugar.

#### **Roasted carrots**

As a side or mixed in with your favorite meats, the high water and fiber content in carrots fills you up fast. Roast them for a better calorie burn: University of Arkansas researchers found that carrots roasted at 104 degrees contain three times as many antioxidants as raw carrots.

#### **Red wine**

In addition to being a heart helper, red wine may be a weapon against excess weight. A 2009 report from the University of Ulm in Germany suggests that resveratrol—the renowned antioxidant found in grape skins—inhibits the production of fat cells. What's more, a substance found naturally in red wine called calcium pyruvate helps fat cells burn more energy, says Gidus. Meanwhile, in a 2011 study published in the *Archives of Internal Medicine*, women who had one or two drinks a day were 30% less likely to gain weight than teetotalers. So drink up, but stick to just one glass—each 6-ounce serving contains about 150 calories.

#### **Pumpkin**

Don't let the pies fool you. One cup of this good-for-you gourd contains a mere 46 calories and 3 grams of fiber, according to the USDA. Plus, pumpkin is an excellent source of the antioxidant beta-carotene, which fights the oxidative stress and inflammation in the body that's linked to increased fat storage, Gidus says.

#### **Chili**

If soup is filling and protein builds muscle, then chili has all that and more. The combination of the fiber from the tomatoes and the protein from the beans and beef and prevents overeating. Plus, capsaicin, the compound that gives cayenne, chili peppers, and jalapeños their heat, can also torch fat, says weight-loss specialist and board-certified internist Sue Decotiis, MD. Spices trigger your sympathetic nervous system—which is responsible for both the fight-or-flight response and spice-induced sweating—to increase your daily calorie burn by about 50 calories, she says. That equals about 5 pounds lost over a single year.

#### **Chickpeas**

Whether you call them garbanzos or chickpeas, a half-cup serving of these hearty legumes provides about 40% of your daily protein needs and 70% of your daily fiber intake, helping to stabilize blood sugar, control cravings, and prevent overeating, Gidus says. They're also a great source healthy unsaturated fats that can whittle your waistline. A 2009 study from the University of Newcastle in Australia found that participants who consumed the most unsaturated fats had lower body mass indexes and less belly fat than those who consumed the least.

#### **Roasted potatoes**

Spuds don't have a waist-friendly reputation, but they're actually full of nutrients, Gidus says. "White foods contain the disease-fighting chemical allicin," she says. "This chemical, also present in garlic, has been shown to fight inflammation in the body, contributing to smaller waistlines." Plus, research shows that calorie for calorie, white potatoes are more satisfying than any other tested food.

#### **Mashed sweet potatoes**

Eating sweet potatoes can prevent sugar from getting stored around your waistline as fat. How? Sweet potatoes are rich in carotenoids—the orange and yellow pigments in plants that help the body respond to insulin—as well as CGA (also found in coffee). Carotenoids and CGA slow the body's release of glucose and insulin, says Bowden. Plus, sweet potatoes are filled with fiber, which slows digestion and prevents blood sugar from plummeting—and your hunger from spiking.

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# *Bon Appétit*



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

May 20, 2018

Vol. XXV No. 32

## 13 Comfort Foods That Burn Fat

*Your favorite feel-good foods don't have to pile on the pounds—some can help you lose weight.*

### Rethink your comfort foods

*By K. Aleisha Fetters*

They're called "comfort" foods for a reason—they bring back warm memories, tickle your taste buds, and soothe your soul. Though some comfort foods are deep-fried, covered in cheese, or packed with sugar, some can actually help you lose weight. Beat the battle of the bulge with the following cozy eats.

#### **Hot chocolate**

Cocoa is packed with antioxidants, which reduce your levels of cortisol, a stress hormone that causes your body to cling to belly fat. In fact, one Cornell University study found that the concentration of antioxidants in hot chocolate is up to five times greater than it is in black tea. Hot chocolate's combination of carbs and protein can also help your muscles recover faster from a tough workout, according to research in the *International Journal of Sport Nutrition and Exercise Metabolism*. Adding a dash of cinnamon boosts your treat's health benefits even more—it contains compounds that keep insulin out of the blood stream and from storing fat, says Gidus.

#### **Collard greens**

A single serving of this hearty veggie adds up to a mere 46 calories. A serving also packs more than your daily-recommended doses of vitamins A and K, which can strengthen your immune system for a healthy metabolism, says Jonny Bowden, PhD, a nutritionist and the author of *The 150 Healthiest Comfort Foods on Earth*. Plus, a cup of collard greens contain 7.6 grams of belly-filling fiber. Research from the US Department of Agriculture shows

that eating fiber-rich foods can lower your body's absorption of calories from carbs.

#### **Chicken noodle soup**

"People who eat a broth- or vegetable-based soup before their meal consume fewer calories overall," says Rania Batayneh, MPH, nutritionist and author of *The One One One Diet*. "The water in the soup helps fill you up and boosts satiety, and just the act of eating soup helps slow your eating down so that your body has time to notice feelings of fullness." One Penn State study found that people who ate soup before digging into their entrees reduced their total calorie intake by 20%. Plus, chicken noodle varieties pack the protein, vitamins, and fiber you need to rev your metabolism even after your meal.

#### **Coffee**

Your old friend joe can boost more than your mood. It can also boost your metabolism, thanks to a healthy dose of the antioxidant chlorogenic acid (CGA), which increases your body's use of fat for energy, Bowden says. Research has also shown that the chemical compound can slow the release of glucose into the bloodstream after a meal while lowering insulin resistance to prevent weight gain. Opt for the strong stuff: Several recent studies have found that caffeine in small doses before exercise can improve performance and help your muscles recover in record time.

#### **Pot roast**

The moment protein passes your lips, it starts fighting fat. Your body has to work harder to break down protein and use it for energy, which means you burn more calories as you digest it, Gidus says. It also takes more time to leave your stomach, literally keeping your belly fuller for longer.

*Continued on the back*