



* MENU *



SUNDAY
9/9

BREAKFAST 6:45 - 8:30 a.m.

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

LUNCH 11a.m. - 2 p.m.

Salad Bar
Deli Bar
Assorted Hot/Cold Cereal
Soup du Jour
Assorted Pasta & Sauces
Beef Stew - *Baking Powder Bisquits*
Chickpea Stew
Rice Pilaf
Fresh Whole Green Beans
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Fruits of the Forest Pie

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

DINNER 5:30 - 7 p.m.

Soup du jour
Salad Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
Asian, Steamed and Brown Rice
Baked Applewood Smoked Ham
Pineapple Glazed Tofu (v)
Escalloped Potatoes
Sweet Peas
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Gifford's Ice Cream Bar

MONDAY
9/10

BREAKFAST 6:45 - 8:45 a.m.

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
Breakfast Potatoes
Chocolate Chip Pancakes - *Warm Syrup*

LUNCH 11a.m. - 1 p.m.

Salad Bar
Deli Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
Lentil Soup
Chicken Noodle Soup
GYRO BAR - *Tzatziki Sauce*
Lemon Oregano Chicken
Zucchini Patties (v)
Orzo Pilaf
Fresh Steamed Spinach
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
Assorted Pasta & Sauces
MYO Stir-Fry
Srimp & Chorizo Paella
Spanish Style Roasted Chicken
with Red Peppers
Vegetarian Paella (v)
Roasted Red Potatoes
Eggplant Samfaira
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Brownies

HOUSE TRIPS
9/11

BREAKFAST 6:45 - 9:15 a.m.

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
French Toast - *Warm Syrup*
Grilled Bacon
Grilled Sausages
Breakfast Potatoes
Assorted Muffins

LUNCH 11a.m. - 1 p.m.

Salad Bar
Deli Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
Beef Chilli Soup
Veggie Chili Soup
TACO BAR TUESDAY
Assorted Fillings
Chicken Fajitas
Tofu Fajitas
Spanish Rice
Fajita Vegetables
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Rice Krispie Squares

DINNER 5:30 - 7 p.m.

Soup du jour
Salad Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
MYO Stir-Fry
Steak Tips
Fresh Salmon *with Mango Chutney*
Chickpea Spinach Sofrito
Sticky Rice
Fresh Asparagus *with Lemon Zest*
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Chocolate Chip Cookies

WEDNESDAY
9/12

BREAKFAST 6:45 - 8:15 a.m.

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
Breakfast Burrito Bar
Make your own Belgian Waffles
Assorted Toppings
Breakfast Potatoes
Blueberry Pancakes - *Warm Syrup*

LUNCH 11a.m. - 1 p.m.

Salad Bar **Deli Bar**
Hot Pretzels *with Mustard, Salt*
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
Broccoli White Bean Soup
Chicken Gumbo Soup
Roasted Turkey, Avocado, Bacon and Tomato on Artisan French Bread
Chicken Tenders - *Assorted Sauces*
Mapo Tofu (v)
Sweet Potato Fries
Fresh Mixed Vegetables
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
Assorted Pasta & Sauces
MYO Stir-Fry
Tepanyaki Chicken
Pork Tonkatsu
Vegetarian Creole Red Beans (v)
Basmati Rice
Dry Fried Green Beans
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Gifford's Ice Cream Bar

THURSDAY
9/13

BREAKFAST 6:45 - 8:15 a.m.

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
Grilled Bacon
Grilled Sausages
Breakfast Potatoes
French Toast - *Warm Syrup*
Assorted Muffins

LUNCH 11a.m. - 1 p.m.

Salad Bar
Deli Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
French Onion Soup
Vegetable Barley Soup
Hamburgers
Cheeseburgers
Veggie Burgers (v)
Macaroni and Cheese Bar
Hand Cut French Fries
Fresh Broccoli
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Cheesecake Squares

ADVISEE DINNER 5:30 - 7 p.m.

Soup du jour
Salad Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
MYO Stir-Fry
CHIPOTLE NIGHT
Pork - Beef - Chicken
Tofu Sofrito
Cilantro Lime Rice
Black Beans
Corn
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Assorted Cookies

FRIDAY
9/14

BREAKFAST 6:45 - 8:15 a.m.

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
Bagel Breakfast
Breakfast Potatoes
Buttermilk Pancakes - *Warm Syrup*

LUNCH 11a.m. - 1 p.m.

Salad Bar
Deli Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
Vegetable Brown Rice Soup
Fish Chowder
Assorted Homemade Pizzas
Fresh, Local, Sustainable Seafood
Catch of the Day
Broccoli Quiche
Brown Rice Pilaf
Swiss Chard
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
Assorted Pasta & Sauces
MYO Stir-Fry
Shoyu Chicken
Beef & Tomato Stir Fry
Hawaiian Quinoa Chili (v)
Sticky Rice
Cabbage Stir-Fry
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Chocolate Cake

SATURDAY
9/15

BREAKFAST 6:45 - 8:15 a.m.

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
Assorted Toppings
Grilled Bacon
Grilled Sausages
Breakfast Potatoes
French Toast - *Warm Syrup*
Assorted Muffins

LUNCH 11a.m. - 1 p.m.

Salad Bar
Deli Bar
Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
Tomato Soup
Chicken Chowder
Italian Grinders by the Cut
Veggie Grinders by the Cut
O'Brien Potatoes
Zucchini and Tomatoes
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
Assorted Pies

DINNER 5:30 - 7 p.m.

New England Baked Beans & Franks
with Brown Bread
Salad Bar Assorted Hot/Cold Cereal
Assorted Pasta & Sauces
Asian, Steamed & Brown Rice
MYO Stir-Fry
Roast Pork *with Apples*
Rosemary Chicken
Eggplant Parmesan (v)
Mashed Potatoes
Fresh Roasted Mixed Vegetables
Assorted Breads, Rolls & Bagels
Jello - Pudding - Fresh Fruit Bar
Novelties - Soft Serve Ice Cream
MYO Gifford's Ice Cream Sundae Bar

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"



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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.