



* MENU *



| SUNDAY 10/14 <i>CONTINENTAL BREAKFAST</i> | MONDAY 10/15 <i>BREAKFAST 6:45 - 8:15 a.m.</i> | TUESDAY 10/16 <i>BREAKFAST 6:45 - 8:15 a.m.</i> | WEDNESDAY 10/17 <i>BREAKFAST 6:45 - 8:15 a.m.</i> | THURSDAY 10/18 <i>BREAKFAST 6:45 - 8:15 a.m.</i> | FAMILY 10/19 <i>BREAKFAST 6:45 - 8:15 a.m.</i> | WEEKEND 10/20 <i>BREAKFAST</i> |
|---|---|--|---|---|--|--|
| <p>7 - 9 a.m.</p> <p>Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Smoothie of the Day Bagels/English/Artisan Breads at the toaster Omelets to order Scrambled Eggs Bagel Breakfast Breakfast Potatoes Assorted Breakfast Pastries</p> <p>BRUNCH 9 a.m.</p> <p>Omelets/Fried Eggs to order Eggs Benedict to order Make your own Belgian Waffles Assorted Toppings French Toast Grilled Bacon Grilled Sausage Breakfast Potatoes</p> <p>CONTINUED 11 a.m.</p> <p>Soup du Jour Servery Salad Bar Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Salad Novelties - Soft Serve Ice Cream</p> <p>***All menus subject to change***</p> <p><u>Underlined</u> items indicate "Vegetarian" "(v)" items indicate "Vegan"</p> | <p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads at the toaster Omelets to order Scrambled Eggs Bagel Breakfast Breakfast Potatoes Chocolate Chip Pancakes - Warm Syrup</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal <u>Vegetable Barley Soup</u> Chicken Noodle Soup Chicken Pattie Sandwich Tortellini Carbonara <u>Aloo Matar</u> (v) Roasted Sweet Potatoes Fresh Vegetable Medley Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream 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 Chicken Parmesan Roast Pork with Caper Sauce <u>Falafel Bar</u> Rosemary Roasted Potatoes Fresh Green Beans with Olive Oil Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Cupcake Bar</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 French Toast - Warm Syrup Grilled Bacon Grilled Sausage Breakfast Potatoes Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Fish Chowder <u>Lentil Soup</u> Monte Cristo Sandwich - Warm Syrup Gingered Beef and Snap Peas <u>Quinoa Tabboleh</u> (v) Brown Rice Pilaf Fresh Steamed Summer Squash with Plum Tomatoes and Peppers Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Carrot Cake</p> <p>ADVISEE 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 Thai BBQ Chicken Panang Curry with Pork <u>Chang Mai Tofu & Rice Noodles</u> Steamed Jasmine Rice Asian Stir-Fry Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Yellow Cake - Chocolate Frosting</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 Breakfast Burrito Bar Make your own Belgian Waffles Assorted Toppings Breakfast Potatoes Blueberry Pancakes - Warm Syrup</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Hot Buttered Popcorn <u>Vegetable Brown Rice Soup</u> Chicken Vegetable Barley Soup Grilled Bacon, Gouda & Tomato on Artisan Sourdough Bread Garlic Sesame Chicken Wings <u>Vegetable Hash</u> (v) Spicy Fries Steamed Fresh Carrots Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream 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 Jamaican Jerk Burgers Grilled Coconut Shrimp <u>Black Bean Jerk Burgers</u> Fluffy Rice Fresh Steamed Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar</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 French Toast - Warm Syrup Grilled Bacon Grilled Sausage Breakfast Potatoes Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Corn Chowder <u>Butternut Squash & Apple Bisque</u> Hamburger Stroganoff Caesar Salad Bar <u>Grilled Eggplant</u> - with White Beans and Plum Tomato (v) Quinoa Pilaf Sautéed Zucchini and Onions Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Rice Krispie Squares</p> <p>ADVISEE 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 Cajun Spiced Beef Tips Blackened Catfish <u>Red Beans and Rice</u> Tofu and Vegetable Jambalaya Cajun Maque Choux Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Chocolate Chunk Cookies</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 Bagel Breakfast Breakfast Potatoes Buttermilk Pancakes - Warm Syrup</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Roast Pork Noodle Soup <u>Black Bean Chili</u> Fresh, Local, Sustainable Seafood Catch of the Day Homemade Pizza - Pepperoni, Sausage, Hamburg <u>Homemade Pesto Pizza</u> Farro Pilaf Gingered Carrots with Lemon Zest Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar</p> <p>FAMILY WEEKEND BUFFET</p> <p><u>Coit Dining Hall</u> 5 - 7:15 p.m.</p> <p>Braised Angler Fish & Mussels in Parsley Sauce Chicken a la Catalan with Peppers, Tomatoes, and Olives Roasted Fingerling Potatoes Wilted Swiss Chard Garden Salad - Raspberry Vinaigrette French Baguette - Butter Tea Cookies, Assorted Mini Tarts, Chocolate Dipped Strawberries Ice Water - Apple Cider - Coffee</p> | <p>Coit Dining Hall 6:45 - 8:45 a.m.</p> <p>Chilled Fruit Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Make your own Belgian Waffles Assorted Toppings Sausage Links Grilled Bacon Home Fried Potatoes French Toast - Warm Syrup Pumpkin Pancakes - Warm Syrup Assorted Breakfast Pastries</p> <p>FAMILY WEEKEND</p> <p>LUNCHEON Stovell Tennis Courts 11:50 a.m. - 1:50 pm.</p> <p>Grilled Sirloin Tips with Button Mushroom and Burgundy Wine Sauce <u>Quinoa Chili</u> (v) Wild Rice Pilaf Roasted Fall Medley of Vegetables Tossed Mesclun Green Salad Apple Balsamic Vinaigrette Potato Rolls Butter Apple Crisp - Whipped Cream Ice Water - Coffee</p> |
| | | | | | <p>FAMILY WEEKEND BUFFET</p> <p><u>Coit Dining Hall</u> 5 - 7:15 p.m.</p> <p>Braised Angler Fish & Mussels in Parsley Sauce Chicken a la Catalan with Peppers, Tomatoes, and Olives Roasted Fingerling Potatoes Wilted Swiss Chard Garden Salad - Raspberry Vinaigrette French Baguette - Butter Tea Cookies, Assorted Mini Tarts, Chocolate Dipped Strawberries Ice Water - Apple Cider - Coffee</p> | <p>Chef's Choice Supper</p> <p>5:50 - 7 p.m.</p> |

Continued from the front

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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"Strive mightily but eat and drink as friends"

Bon Appétit



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The Basics of Food Part 4

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. 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.

Continued on the back