



SUNDAY 1/15	MONDAY 1/14	WINTER FORMAL 1/15	SCHOOL HOLIDAY 1/16	THURSDAY 1/17	FRIDAY 1/18	SATURDAY 1/19
CONTINENTAL BREAKFAST 7 - 9 a.m. Chilled Juices - Fresh Fruit Assorted Hot/Cold Cereal Bagels/English/Artisan Breads <i>at the toaster</i> BRUNCH 9 a.m. Omelets/Fried Eggs to order Eggs Benedict to order Smoothie of the Day Make your own Belgian Waffles <i>Assorted Toppings</i> Buttermilk Pancakes - Warm Syrup French Toast Grilled Bacon Grilled Sausage Breakfast Potatoes	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> Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes French Toast - Warm Syrup	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 Buttermilk Pancakes - Warm Syrup Assorted Muffins	CONTINENTAL BREAKFAST 7 - 9 a.m. Chilled Juices - Fresh Fruit Assorted Hot/Cold Cereal Bagels/English/Artisan Breads <i>at the toaster</i> BRUNCH 9 a.m. Omelets/Fried Eggs to order Make your own Belgian Waffles <i>Assorted Toppings</i> Buttermilk Pancakes - Warm Syrup French Toast - Warm Syrup Grilled Bacon Grilled Sausage Breakfast Potatoes	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/Eggs to order Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - Warm Syrup Assorted Muffins	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 Bagel Breakfast Buttermilk Pancakes - Warm Syrup Breakfast Potatoes	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> Omelets to order Scrambled Eggs Croissant Breakfast Make your own Belgian Waffles <i>Assorted Toppings</i> Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - Warm Syrup Assorted Muffins
CONTINUED 11 a.m. Soup du Jour Fresh Fruit Bar Servery Salad Bar Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Assorted Breakfast Pastries	LUNCH 11 - 1 p.m. Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Soup du Jour Chicken Pattie Sandwich Tortellini Carbonara <u>Chickpea Curry</u> Brown Rice and Red Quinoa Sautéed Fresh Greens Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar	LUNCH 11 - 1 p.m. Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> <u>Minestrone Soup</u> Turkey Rice Soup American Chop Suey Grilled Rachel Sandwich <i>Turkey, Swiss, Cole Slaw and Russian Dressing on Rye</i> <u>Curried Sweet Tofu (v)</u> Wild Rice Pilaf Fresh Asparagus <i>with Lemon Zest</i> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Chocolate Cake	CONTINUED 11 a.m. Soup du Jour Fresh Fruit Bar Salad Bar - Dressings Fresh, Local, Sustainable Seafood Catch of the Day <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Assorted Breakfast Pastries	LUNCH 11 - 1 p.m. Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Chicken & Brown Rice Soup <u>Pasta & White Bean Soup</u> Tuna Noodle Casserole Hamburgers Cheeseburgers <u>Curried Sweet Tofu (v)</u> Roasted Sweet Potatoes Fresh Steamed Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Carrot Cake <i>with Cream Cheese Icing</i>	LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal <u>Tomato Soup</u> McGinley's Manhattan Clam Chowder Grilled Cheese Bar Italian Sweet Sausage <i>with Onions & Peppers</i> Roasted Pesto Chicken <u>Roasted Vegetable Frittata</u> Rice Florentine Fresh Steamed Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar	LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Soup du Jour Monte Cristo Sandwich - Warm Syrup Chicken Broccoli Stir-Fry <u>Vegetarian Edamame Tofu Stir-Fry</u> Brown Rice Pilaf Sautéed Napa Cabbage Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Chef's Choice Dessert
DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed & Brown Rice MYO Stir-Fry Fresh Salmon - Mango Chutney Zippy's Chili <u>Red Bean Chili</u> Cilantro Lime Rice Stir Fried Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Assorted Cookies	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 <u>Linguini with Shrimp, Asparagus & Basil</u> <u>Cannellini Bean Ragu</u> Corn, Peppers and Zucchini Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Apple Pie	DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Lemon and Tarragon Breast of Chicken London Broil - Burgundy Sauce <u>Tofu and Broccoli (v)</u> Vegetable Biryani Fresh Roasted Fall Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Chocolate Fountain	DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Pork Tandoori Telangana Chicken Curry <u>Lentil Curry</u> Vegetable Biryani Crisp Fried Okra Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar	SEATED MEAL 6 p.m. MENU Cheese and Crackers Corn Chowder Greek Salad Lemon Oregano Chicken Mediterranean Tofu Lemon Potatoes Greek Green Beans Dinner Rolls - Butter Ice Water - Milk Baklava Fresh Fruit Bowl	FOOD COMMITTEE FRIDAY 5:30 - 7 p.m. Jack Gibson <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal MYO Stir-Fry Chicken Parmesan Italian Meatballs <u>Vegetarian Ravioli</u> <i>Marinara Sauce</i> Bread Sticks Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Vanilla, Chocolate & Strawberry Ice Cream	DINNER 5:30 - 7 p.m. Salad Bar Deli Bar New England Baked Beans & Franks <i>with Brown Bread</i> Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Fish Tacos Quesadilla Bar <u>Corn and Tomato Quesadilla</u> Mexican Rice Pilaf Sautéed Swiss Chard Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's MYO Ice Cream Sundae Bar

All menus subject to change

Underlined items indicate "Vegetarian"
(v) items indicate "Vegan"

Continued from the front
number of weeks/months.

These studies show that:

In almost all cases, HDL (the “good”) cholesterol goes up.

Total and LDL cholesterol levels usually don’t change, but sometimes they increase slightly.

Eating Omega-3 enriched eggs can lower blood triglycerides, another important risk factor.

Blood levels of carotenoid antioxidants like Lutein and Zeaxanthine increase significantly.

It appears that the response to whole egg consumption depends on the individual.

In 70% of people, it has no effect on Total or LDL cholesterol. However, in 30% of people (termed “hyper responders”), these numbers do go up slightly.

That being said, I don’t think this is a problem. The studies show that eggs change the LDL particles from small, dense LDL to Large LDL.

People who have predominantly large LDL particles have a lower risk of heart disease. So even if eggs cause mild increases in Total and LDL cholesterol levels, this is not a cause for concern.

The science is clear that up to 3 whole eggs per day are perfectly safe for healthy people who are trying to stay healthy.

Bottom Line: Eggs consistently raise HDL (the “good”) cholesterol. For 70% of people, there is no increase in Total or LDL cholesterol. There may be a mild increase in a benign subtype of LDL in some people.

Eggs and Heart Disease

Many studies have looked at egg consumption and the risk of heart disease.

All of these studies are so-called observational studies. In studies like these, large groups of people are followed for many years.

Then the researchers use statistical methods to figure out whether certain habits (like diet, smoking or exercise) are linked to either a decreased or increased risk of some disease.

These studies, some of which include hundreds of thousands of people, consistently show that people who eat whole eggs are no more likely to develop heart disease. Some of the studies even show a reduced risk of stroke.

However... one thing that is worth noting, is that these studies show that diabetics who eat eggs are at an increased risk of heart disease.

Whether the eggs are causing the increased risk in diabetics is not known. These types of studies can only show a correlation and it is possible that the diabetics who eat eggs are, on average, less health conscious than those who don’t.

This may also depend on the rest of the diet. On a low-carb diet (by far the best diet for diabetics), eggs lead to improvements in heart disease risk factors.

Bottom Line: Many observational studies show that people who eat eggs don’t have an increased risk of heart disease, but some of the studies do show an increased risk in diabetics.

Eggs Have Plenty of Other Health Benefits Too

Let’s not forget that eggs are about more than just cholesterol... they’re also loaded with nutrients and have various other impressive benefits:

They’re high in Lutein and Zeaxanthine, antioxidants that reduce your risk of eye diseases like Macular Degeneration and Cataracts.

They’re very high in Choline, a brain nutrient that over 90% of people are lacking in.

They’re high in quality animal protein, which has many benefits – including increased muscle mass and better bone health.

Studies show that eggs increase satiety and help you lose fat.

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"Strive mightily but eat and drink as friends"

Bon Appétit



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

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Eggs and Cholesterol – How Many Eggs Can You Safely Eat?

Eggs are among the most nutritious foods on the planet.

Just imagine... a whole egg contains all the nutrients needed to turn a single cell into an entire baby chicken.

However, eggs have gotten a bad reputation because the yolks are high in cholesterol.

In fact, a single medium sized egg contains 186 mg of cholesterol, which is 62% of the recommended daily intake.

People believed that if you ate cholesterol, that it would raise cholesterol in the blood and contribute to heart disease.

But it turns out that it isn’t that simple. The more you eat of cholesterol, the less your body produces instead.

Let me explain how that works...

How Your Body Regulates Cholesterol Levels

Cholesterol is often seen as a negative word.

When we hear it, we automatically start thinking of medication, heart attacks and early death.

But the truth is that cholesterol is a very important part of the body. It is a structural molecule that is an essential part of every single cell membrane.

It is also used to make steroid hormones like testosterone, estrogen and cortisol.

Without cholesterol, we wouldn’t even exist.

Given how incredibly important cholesterol is, the body has evolved elaborate ways to ensure that we always have enough of it available.

Because getting cholesterol from the diet isn’t always an option, the liver actually produces cholesterol.

But when we eat a lot of cholesterol rich foods, the liver starts producing less.

So the total amount of cholesterol in the body changes only very little (if at all), it is just coming from the diet instead of from the liver.

Bottom Line: The liver produces large amounts of cholesterol. When we eat a lot of eggs (high in cholesterol), the liver produces less instead.

What Happens When People Eat Several Whole Eggs Per Day?

For many decades, people have been advised to limit their consumption of eggs, or at least of egg yolks (the white is mostly protein and is low in cholesterol).

Common recommendations include a maximum of 2-6 yolks per week. However, there really isn’t much scientific support for these limitations.

Luckily, we do have a number of excellent studies that can put our minds at ease.

In these studies, people are split into two groups... one group eats several (1-3) whole eggs per day, the other group eats something else (like egg substitutes) instead. Then the researchers follow the people for a

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