HAPPY LABOR DAY WEEKEND

**CONTINENTAL BREAKFAST 7 - 9 a.m.**

**Monday 9/4**

- Salad Bar
- Deli Bar
- Assorted Hot/Cold Cereal
- Red Pepper and Basil Bruschetta
- Chicken Rice Soup
- Assorted Pasta & Sauces
- Steak Tagliata
- Chicken Marsala
- Baked 2x2 with Tomato & Mozzarella
- Herbed Rice Pilaf
- Fresh Broccoli with Garlic and Red Pepper
- Assorted Breads, Rolls & Bagels
- Jello - Pudding - Fresh Fruit Salad
- Novelties - Frozen Yogurt
- Chocolate Chip Cookies

**Tuesday 9/5**

- Soup du jour
- Salads Bar
- Deli Bar
- Assorted Hot/Cold Cereal
- Rosemary Pesto Roast Pork
- Cioppino - Seafood Stew
- Carnevali Bean Ragù
- Mushroom Risottos
- Glazed Carrots
- Assorted Breads, Rolls & Bagels
- Jello - Pudding - Fresh Fruit Salad
- Novelties - Frozen Yogurt
- Kipfler Squares

**Wednesday 9/6**

- Chilled Juices - Fresh Fruit
- Smoothie Bar
- Assorted Hot/Cold Cereal
- Fresh Fruit and Yogurt Bar
- English/Bagel/Artisan Breads
- Hard Cooked Eggs
- Omelets to order
- Scrambled Eggs
- Bagel Breakfast
- French Toast - Syrup
- Breakfast Potatoes

**Thursday 9/7**

- Chilled Juices - Fresh Fruit
- Smoothie Bar
- Assorted Hot/Cold Cereal
- Fresh Fruit and Yogurt Bar
- English/Bagel/Artisan Breads
- Hard Cooked Eggs
- Omelets to order
- Scrambled Eggs
- Bagel Breakfast
- Blueberry Pancakes - Warm Syrup
- Breakfast Potatoes

**Friday 9/8**

- Chilled Juices - Fresh Fruit
- Smoothie Bar
- Assorted Hot/Cold Cereal
- Fresh Fruit and Yogurt Bar
- English/Bagel/Artisan Breads
- Hard Cooked Eggs
- Omelets to order
- Scrambled Eggs
- Bagel Breakfast
- Make your own Belgian Waffles
- Croissant Breakfast
- Breakfast Potatoes
- French Toast - Warm Syrup
- Grilled Sausage
- Grilled Bacon
- Assorted Muffins

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**For the Week of September 3rd thru September 9th 2017**

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***All menus subject to change***

*797 Items indicate "797" menu*
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 thryoxine.
- 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.

Fiber
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 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.

More on the “Basics of Food” in the next edition of "Bon Appetit"

Minerals
Vitamins
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

Vitamins 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.

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 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.