

Luther Towers

Dates: October 22 - 28, 2017

	October 22	October 23	October 24	October 25	October 26	October 27	October 28
Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUICE or SOUP	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <b>Sunday Brunch is from 11:00 am to 2:00 pm</b> </div>	Juice or Cream of Broccoli Soup	Juice or Golden Mushroom Soup	Buffet Night Borscht & Wonton Soup	Juice or Turkey Noodle Souple	Juice or Potato and Bacon Soup	Juice or Tomato Vegetable Soup
SALAD		Garden Salad or Coleslaw	Fruit Salad or Spinach Salad	Salad Bar	Sun-dried Tomato Salad with Feta OR Cottage Cheese	Garden Salad or Sliced Tomato	Marinated Vegetable Salad or Carrot Salad
ENTRÉE		Grilled Chicken Breast with ♥ Tarrogon Sauce or Lasagna and meat sauce ♥	Smokey Applewood Salmon or Beef Stroganoff	Chinese Food Pizza and 4 to 5 other Hot Food Selections (Chef's Choice)	Ginger Chicken or ♥ Mushroom Pork Chops ♥	Pork Ribs with BBQ sauce or ♥ Smiley's Fried Chicken ♥	Simmered Beef and Tomato or Deep Fried Shrimp cocktail sauce
POTATO		Lemon Roast Potato or Garlic Bread	Diced Fried Potatoes or Rice Pilaf	Chef's Choice	Singapore Noodles or Buttermilk Mashed Potatoes	White Rice or Perogies and Sour Cream	Rice Pilaf or Potato Wedges
VEGETABLE		Seasoned Carrots or Baked Acorn Squash	Brussel Sprouts or Buttered Corn	Chef's Choice	Egg Roll and plum sauce or Roasted Fall Vegetables	Grilled Zucchini and Peppers or Seasoned Spinach	Buttered Peas or Cheesy Cauliflower
DESSERT		Chocolate Chip Cookies	Butterscotch Pudding	Baker's Choice	Banana Cream Dessert	Fresh Strawberries	Jello
		Reduced Sugar or Celiac	Reduced Sugar or Celiac	Reduced Sugar or Celiac	Reduced Sugar or Celiac	Reduced Sugar or Celiac	Reduced Sugar or Celiac
Table #	Complete FW WK#4						

Please note: Tray service delivery will be between 4:00pm and 4:30 pm and then again after 6:00 pm. Please call 664-0362 to reach the kitchen.

**Vitamin D: What you need to know**

**What does vitamin D do for my health?**

Vitamin D is often called the 'sunshine' vitamin as the skin is able to make the vitamin when exposed to sun. Vitamin D is best known for its role in keeping bones healthy. It is also involved in fighting infections, keeping blood pressure within a healthy range and helping control insulin production. Recent research suggests that vitamin D may also have benefits in preventing some types of cancers, especially colorectal cancer. It may help prevent diabetes and multiple sclerosis as well. As yet, we do not fully understand the role of vitamin D in these three conditions.

**What are food sources of vitamin D?**

Vitamin D is provided in a limited number of foods, either occurring naturally or added to the product. Only fatty fish such as salmon, mackerel, sardines and tuna naturally contain substantial amounts of vitamin D. Cow's milk, infant formula, margarine and plant-based beverages (e.g. soy beverages) are fortified with vitamin D, as required by the Canadian government. Vitamin D is now fortified in some ready-to-eat cereals and orange juice, and yogurt made with vitamin D-fortified milk. To determine if a packaged food contains significant amounts of vitamin D, look for food labels that show greater than 20% Daily Value (DV) for vitamin D per serving.