Sports Drinks

There is such a variety of different sports drinks out there. There are common ones like Powerade and Gatorade, but there are even more products, such as Gatorade Endurance, Powerade Zero, Powerade Ultra, and more. Have you heard of people drinking coconut water after exercising? What about Body Armor? First things first, these sports drinks are recommended if you workout at a moderate to intense level for over an hour. If you take a thirty-minute walk around campus or your neighborhood, then you don't need to drink a sports beverage. If you are on the elliptical or treadmill for 45 minutes to an hour, you don't need one either. Over an hour of hard-core exercise such as running for 90 minutes while doing a training run for a marathon, is when you might want to consume a sports drink. A sports drink contains carbohydrates and electrolytes you need. Carbohydrates provide energy and substance, while electrolytes replenish the sodium and potassium you lost through your sweat. Overall, sports drinks are meant for intense workouts, not recreation.

Specials this Week:

- **Jamaican Bar**: Jerk Chicken, Jerk Tofu, Chicken Cheese Empanada, Callaloo (greens). Available at dinner Tuesday, Friday.
- **Taco Bar**: Beef Taco Meat, Chicken Tinga, Ancho Chili Rice, Black Beans, Corn Tortillas, Taco Cold Sides. Available at dinner Monday, Thursday.
- **Fried Rice Special**: Vegetable Fried Rice, Roasted Fish, Tofu selection. Available at lunch Tuesday.
- **Vegetable Stir Fry**: Stir Fried Vegetables, Roasted Fish, Tofu selection, Rice. Available at lunch Thursday.

### Resident Dining Hours

<table>
<thead>
<tr>
<th>Heilman Dining Center</th>
<th>Alice Haynes Room</th>
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<tbody>
<tr>
<td><strong>Monday -Friday</strong></td>
<td><strong>Monday –Thursday</strong></td>
</tr>
<tr>
<td>Breakfast</td>
<td>Lunch 11:00am-3:30pm*</td>
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<tr>
<td>Lunch</td>
<td>Dinner 4:00pm-8:00pm</td>
</tr>
<tr>
<td>Dinner</td>
<td>Lunch 11:00am-3:30pm*</td>
</tr>
<tr>
<td><strong>Saturday &amp; Sunday</strong></td>
<td>Dinner Closed (closed Saturday &amp; Sunday)</td>
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<tr>
<td>Continental Breakfast</td>
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<tr>
<td>8:00am-10:30am*</td>
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<tr>
<td>Brunch</td>
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### Prices

<table>
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<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Special Events</th>
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</thead>
<tbody>
<tr>
<td>Spider Card / Cash</td>
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<td>Seniors (65 or older)</td>
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<tr>
<td>Children (ages 3–9)</td>
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<td>$6.65</td>
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</tbody>
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## Weekly Menu Heilman Dining Center October 18-24, 2020

### BREAKFAST: Also available assorted yogurt, cereal, fresh fruit salad, whole fresh fruit, assorted juices, milks

#### Sunday October 18
- Scrambled Eggs
- Vegetable Frittata
- Turkey Bacon
- Pork Sausage Links
- Lyonnaise Potatoes
- French Toast Sticks
- Pork Bacon, Egg, Cheese Biscuit
- Egg, Cheese Biscuit
- Parkerhouse Rolls

#### Monday October 19
- Scrambled Eggs
- Hard Cooked Eggs
- Pork Bacon
- Turkey Bacon
- Pork Sausage Links
- Lyonnaise Potatoes
- French Toast Sticks
- Pork Bacon, Egg, Cheese Biscuit
- Egg, Cheese Biscuit
- Parkerhouse Rolls

#### Tuesday October 20
- Scrambled Eggs
- Hard Cooked Eggs
- Pork Bacon
- Turkey Bacon
- Pork Sausage Links
- Lyonnaise Potatoes
- French Toast Sticks
- Pork Bacon
- Turkey Bacon
- Pork Sausage Patty
- Tater Tots
- Pork Sausage, Cheese Biscuit
- Cheese, Egg, Cheese Croissant
- Egg, Cheese Croissant
- Parkerhouse Rolls

#### Wednesday October 21
- Scrambled Eggs
- Hard Cooked Eggs
- Western Style
- Egg, Cheese Biscuit
- Parkerhouse Rolls

#### Thursday October 22
- Scrambled Eggs
- Mushroom, Tomato, Basil, Frittata
- Pork Bacon
- Turkey Bacon
- Pork Sausage Links
- Lyumberjack Hash French Toast Sticks
- Ham & Cheese Croissant
- Egg, Cheese Croissant
- Parkerhouse Rolls

#### Friday October 23
- Scrambled Eggs
- Hard Cooked Eggs
- Pork Bacon
- Turkey Bacon
- Pork Sausage Links
- Lyumberjack Hash French Toast Sticks
- Ham & Cheese Croissant
- Egg, Cheese Croissant

#### Saturday October 24
- Continental 8-10:30am
- Hard Cooked Eggs
- Blueberry Scones
- GF Confetti Muffins
- Pumpkin Bread

### LUNCH: Also available whole fresh fruit, fresh fruit salad, assorted snacks, chips, ice cream novelties, and beverages

#### Sunday October 18
- Buffalo Blue Chicken
- Buffalo Cauliflower w/Chickpeas
- Grains & Vegetable Green Peas
- Vegetable Medley

#### Monday October 19
- Creamy Tomato
- Salmon
- Spider Chicken
- Vegetable Bean Stew
- Lemon Rice Pilaf
- Broccoli
- Roasted Carrots

#### Tuesday October 20
- Chicken Parmesan Grilled Chicken Parmesan
- Vegan Chicken Parmesan
- Ziti Grilled Asparagus
- Squash Medley

#### Wednesday October 21
- Tuna Salad
- Sandwich Autumn Vegetable Wrap
- Ham & Swiss Sandwich
- Grilled Vegetable Pesto Sandwich

#### Thursday October 22
- Seafood Bouillabaisse
- White Bean Cassoulet
- Spider Chicken
- Vegetable Bean Stew
- Mushroom Pilaf
- Corn Cobbett's Sautéed Swiss Chard

#### Friday October 23
- Baked Meatloaf
- Chicken Poppy Seed
- Cheeseburger/Bun
- Broccoli
- Succotash

#### Saturday October 24
- Beef Cottage Pie
- Vegan Pesto Crusted Chicken
- Rosemary Couscous
- Creamed Kale
- Grilled Yellow Squash

### Menu Selections Available at Lunch and Dinner

#### House Salad
- MTO Mediterranean Salad
- MTO Southwest Salad
- MTO Spinach & Fruit Salad
- MTO Mediterranean Salad
- MTO Southwest Salad

#### Choose:
- Italian, Caesar, Ranch or Balsamic

#### GF Chocolate Cake
- Vanilla Pudding
- GF Chocolate Chip Cookie
- Parker House Rolls

#### Heath Bar Cookie
- Apple Pie
- Cherry Jello
- Sweet Yeast Rolls

#### Vegan Banana Chocolate Cake Snickerdoodle Cookies
- Strawberry Lemon Trifle
- Garlic Bread

#### White Chocolate Mousse
- M & M Chocolate Cookie Chocolate German Pie
- Olive Foccacia Bread

#### Jersey Diplit Key Lime Rum Cake
- GF Chocolate Chip Cookie
- Parker House Rolls

#### Rice Krispie Treats
- Doberge Cake
- Strawberry Panna Cotta

#### Chocolate Mint Cookies
- Apple Butter Pie
- Mandarin Orange Jello

### DINNER: Also available whole fresh fruit, fresh fruit salad, assorted snacks, chips, ice cream novelties, and beverages

#### Sunday October 18
- Southern Pork Chops with Gravy
- Crispy Quinoa Cakes
- Spider Chicken Garlic Mashed Potatoes
- Green Beans Corn
- Taco Bar w/Taco Beef, Chicken Tinga, Ancho Rice Black Beans & Corn

#### Monday October 19
- Guiness Steak Pie
- Vegan Guiness Steak Pie
- Roasted Fingerling Potatoes
- Green Garlic Sautéed Kale Baked Parsnips
- Jamaican Bar w/Jerk Chicken, Jerk Tofu, Empanadas Calaloo

#### Tuesday October 20
- Baby Back Pork Ribs
- BBQ Tofu
- Spider Chicken Baked Beans Roasted Butternut Squash
- French Green Beans

#### Wednesday October 21
- Chicken Marsala
- Vegan Chicken Marsala
- Tri-Color Quinoa Roasted Tomatoes
- Brussels Sprouts
- Turkey Bacon w/Taco Beef, Chicken Tinga, Ancho Rice Black Beans & Corn

#### Thursday October 22
- Chicken Marsala
- Vegan Chicken Marsala
- Tri-Color Quinoa Roasted Tomatoes
- Brussels Sprouts
- Turkey Bacon w/Taco Beef, Chicken Tinga, Ancho Rice Black Beans & Corn

#### Friday October 23
- Teriyaki Salmon
- Spider Chicken Black Bean Cake
- Lemon Jasmine Rice
- Vegetable Medley
- Asparagus

#### Saturday October 24
- Sauces Bar
- Apple Chicken
- Vegan Meatballs
- Roasted Red Potatoes
- Buffalo Cauliflower Green Peas

#### Spider Chicken
- Chicken Nuggets
- Sweet Potato Fries

#### Hibachi Vegetables
- Roasted Fish
- Brown Rice
- Buffalo Tofu

#### Spider Chicken
- Chicken Strips
- French Fries

#### Hibachi Vegetables
- Roasted Fish
- Brown Rice
- General Tso Tofu

#### Spider Chicken
- Chicken Tenders
- French Fries

## Whole fresh fruit, fresh fruit salad, assorted cereal, steel cut oatmeal with toppings, milk, juice, coffee, yogurt selections, MYO yogurt parfait, and assorted bagels with spreads