DOING MORE WITH LESS

IN YOUR DINING PROGRAM

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OBJECTIVES

1. Highlight the technology options to improve dining operations.
2. Discuss inspired approaches to reinvigorate excitement in senior living dining programs
3. Examine the tools and resources available to efficiently execute meal service in your senior living community.

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INFLATION: THE THREE HEADED MONSTER

- Labor
- Supply Chain
- Inflation

3

TOP 3 EXPENSES

1. Labor/Wage
2. Food Costs
3. Medical Supplies

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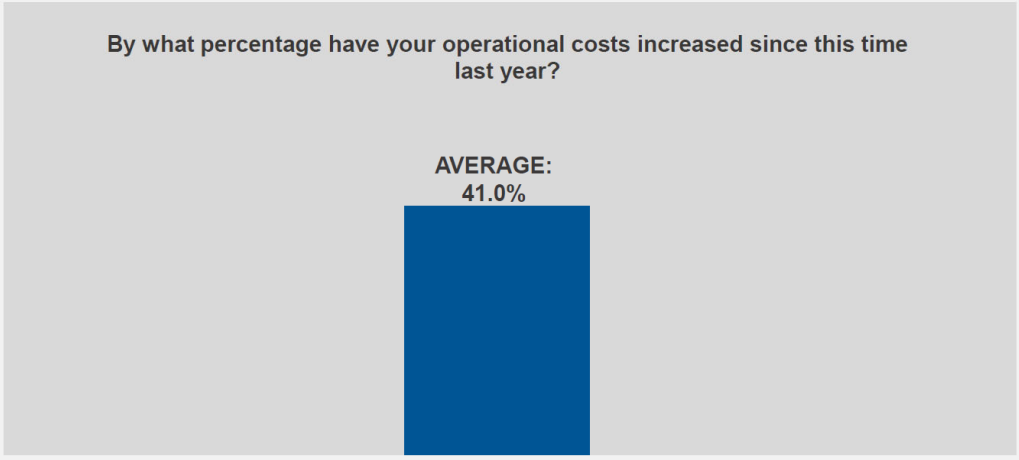
AHCA
AMERICAN HEALTH CARE ASSOCIATION

Nursing home providers estimate their costs have increased by 41% in one year.



Source: American Health Care Association Survey of 759 Nursing Home Providers, May 16-20, 2022

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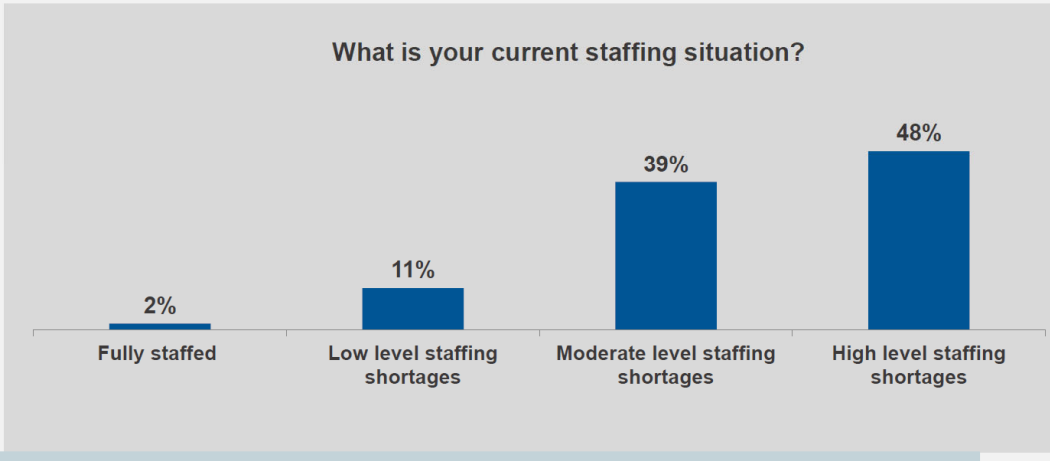
AHCA
AMERICAN HEALTH CARE ASSOCIATION

87% of nursing homes facing moderate or high staffing shortages.



Source: American Health Care Association Survey of 759 Nursing Home Providers, May 16-20, 2022

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COST BENCHMARK
"STANDARD OR POINT OF REFERENCE"

Measured in PPD's:
Per Patient Day

Costs

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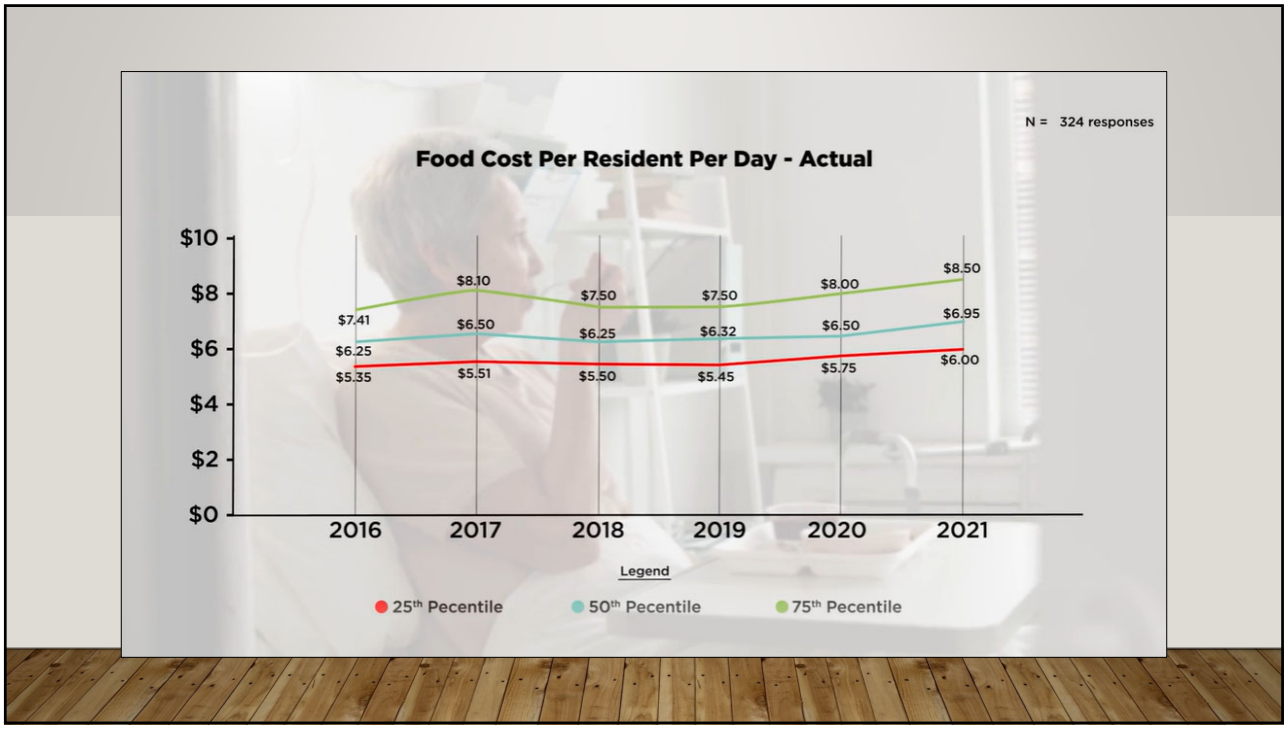

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INFLATION TABLE

2019	2020 (+2%)	2021 (+8%)	2022 (+15%)
$5.50	$5.61	$6.06	$6.97
$5.75	$5.86	$6.33	$7.28
$6.00	$6.12	$6.61	$7.60
$6.25	$6.37	$6.88	$7.91
$6.50	$6.63	$7.16	$8.23
$6.75	$6.88	$7.43	$8.54
$7.00	$7.14	$7.71	$8.87
$7.25	$7.39	$7.98	$9.18
$7.50	$7.65	$8.26	$9.50

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483.60 FOOD AND NUTRITION SERVICES

- *The facility must provide each resident with a nourishing, palatable, well-balanced diet that meets his or her daily nutritional and special dietary needs, taking into consideration the preferences of each resident.*
- ***Menus must**— (1) Meet the **nutritional needs** of residents in accordance with established national guidelines; (2) Be **prepared in advance**; (3) Be **followed**; (4) Reflect, based on a facility's reasonable efforts, the **religious, cultural, and ethnic needs** of the resident population, as well as input received from residents and resident groups; (5) Be **updated** periodically; (6) Be **reviewed** by the facility's dietitian or other clinically qualified nutrition professional for nutritional adequacy; and (7) Nothing in this paragraph should be construed to limit the resident's right to make **personal dietary choices**.*

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Menu Planning For Nutritional Adequacy

Facility:_____ Menu Version/Date:_____ Week:_____

Number of Servings									Food Groups
M	T	W	T	F	S	S	Total	Week Avg.	
									Bread, Cereal, Rice, Pasta *6-11 servings per day* 1 serving is equivalent to 1 slice bread, 1 dinner roll, ½ hamburger or frankfurter bun; 1 small muffin or biscuit; 1 pancake or waffle; 3 graham crackers or 6 saltines; 1 cup ready-to-eat cereal; ½ cup cooked cereal, rice, grits, macaroni, or noodles.
									Vegetables & Fruits – Vitamin A-Rich Foods* *4 or more servings per week* 1 serving is equivalent to ½ cup of greens such as spinach, collards, turnips, kale, mustard; ½ cup carrots, peas & carrots, sweet potato, winter squash, pumpkin, broccoli; 1 cup vegetable soup, ½ cup vegetable juice or ¼ cup cantaloupe.
									Vegetables & Fruits – Vitamin C-Rich Foods** *1 or more servings per day* 1 serving is equivalent to ½ grapefruit, 1 medium orange, ¼ medium cantaloupe, ½ cup strawberries, orange or grapefruit sections; ½ cup orange, grapefruit, or cranberry juice; ½ cup broccoli, brussel sprouts, ½ green pepper.
									Vegetables & Fruits – Others *3 or more servings per day* 1 serving is equivalent to ½ cup fruit or vegetable, or a usual serving such as a medium apple, banana, peach, or potato; ½ cup lettuce, tossed, vegetable, or fruit salad.
									Total Fruits & Vegetables *5-9 servings per day* Includes all Fruits & Vegetables per day
									Milk, Yogurt, Cheese *2-3 servings per day* 1 serving is equivalent to 1 cup of skim, low-fat, or whole milk, 1 cup buttermilk; 1 cup plain or low-fat yogurt; 1 ½ ounces cheese***; 2 cups low-fat cottage cheese***; 1 ½ cups ice cream.
									Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts *2-3 servings per day* Minimum 6 ounces/equivalents per day 1 equivalent is 1 ounce of cooked, edible lean meat, poultry, or fish, or variety meat such as frankfurter (10/lb), 1 ounce luncheon meat; 1 ounce cheese***, ¼ cup cottage cheese***; 1 egg, ½ cup cooked dried beans & peas; 2 Tablespoons peanut butter; ⅓ to ½ cup nuts, sesame or sunflower seeds.
									Fats, Oils, & Sweets *Use Sparingly* 3 or more teaspoons daily used as spread or in cooking – butter, margarine or vegetable oils.
									Overall Evaluation Y=Yes N=No G=Good F=Fair P=Poor
									Is there at least one serving of a vegetable and/or fruit in each meal (Y/N)?
									Is there variety in color in each meal (G/F/P)?
									Is there variety in texture in each meal (G/F/P)?
									Is there variety in flavor in each meal (G/F/P)?
									Is there variety in preparation in each meal (Y/N)?

* Vitamin A-Rich Foods – 10000 IU or more of Vitamin A per serving
** Vitamin C-Rich Foods – 60 mg or more of Vitamin C per serving

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FALL WINTER 2021-2022 BASE MENU

Meals: BREAKFAST, NOON, EVE

Nutrition Summary - Diet Avg

Cycle Days: Week 1 Sunday - Week 5 Saturday

Diet	KCal [Cals]	Carb [Gram]	Pro [Gram]	Fat [Gram]	Na [mg]	K+ [mg]	Fe [mg]	Ca [mg]	Fiber [Gram]	Sugar [Gram]	VitA [IU]	VitE [mg]	Thiam [mg]	Ribo [mg]	Niac [mg]	VitC [mg]
REGULAR/NAS	2342.2	280.3	93.2	95.6	3551	3115	19.3	1429.6	17	140.2	6043.3	13.7	6.5	2.6	19.1	148.3

Week 1 REGULAR/NAS — **SPRING SUMMER 2022 BASE MENU** — **Week at a Glance**

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B F S T	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ BREAKFAST PASTRY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE LINK TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL BACON PANCAKES/SYRUP MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ TOAST MARGARINE/JELLY SEASONED BREAKFAST POTATOES MILK	CHOICE OF JUICE CHOICE OF CEREAL SCRAMBLED EGG TOAST MARGARINE/JELLY MILK
N O O N	CHICKEN BREAST CORDON BLEU ITALIAN ROASTED MINI BAKER POTATOES BU CAPRI BLEND VEGS ROLL/MARG CHERRY PIE MILK	CHEESY TORTELLINI TOSSED GREENS W/ DRSG GARLIC TOAST BROWNIE BOTTOM CHEESECAKE MILK	FRENCH ONION PORK CHOP BAKED SWEET POTATO GREEN BEANS BREAD/MARG RHUBARB CRISP A LA MODE MILK	SAVORY ROAST BEEF MASHED POTATOES BEEF GRAVY ROASTED CARROTS BREAD/MARG STRAWBERRY SHORTCAKE CAKE MILK	ORANGE CHICKEN RICE PILAF ORIENTAL VEGETABLES CREAMY RASPBERRY GELATIN MILK	LEMON PEPPER TILAPIA FILET MACARONI CORN BAKE SEASONAL VEGETABLE SEASONAL FRESH FRUIT MILK	BURGER OF THE MONTH POTATO SALAD BAKED BEANS ICE CREAM MILK
E V E	BURRITO SHREDDED LETTUCE/TOMATO CORN PEARS MILK	DILLY EGG SALAD ON CROISSANT POTATO CHIPS PEA SALAD MANDARIN ORANGES MILK	BEEF STROGANOFF SOUP TOSSED GREENS W/ DRSG BREADSTICK BERRY CUP MILK	MUFFALETTA SALAD SALAD DRESSING OF CHOICE GARLIC TOAST WARM BLUEBERRY COBBLER MILK	**TURKEY CHEDDAR BRAT CREAMY COLESLAW SEASONED TOTS PEACHES MILK	GARDEN VEGETABLE SOUP GRILLED CHEESE SANDWICH BLT SALAD COOKIE MILK	BBQ CHICKEN PASTA MIXED VEGETABLES CORNBREAD / MARGARINE SEASONAL FRESH FRUIT MILK

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MENU SUBSTITUTION POLICY-SAMPLE

- Original product is not available in quantity needed.
- Staff shortages limit the ability to prepare original product.
- Equipment malfunction causes a change in what can be prepared.
- Use of another product is needed before expiration is desired for cost control.
- Use of leftovers is desired for cost control.
- Holiday, theme or special menus are served.

When substitutions need to be made, the Food Service Director will be consulted to determine another standard food equivalent to serve while incorporating the principals of the *2015-2020 Dietary Guidelines for Americans.* Standard food groups and equivalents, and substitution guidance are provided in this document.

Menu substitutions made for one of these reasons shall be documented in the Substitution Log.

Menu Substitution Log

Date	Meal	Item Not Served	Reason Not Served	Item That Was Served	Manager Notified

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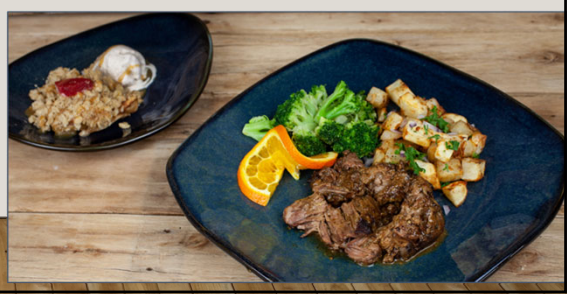
BENEFITS OF CYCLE MENU

- Efficient—less time planning menu
- Cost Effective—Use Up Product
- Helps Meet Regulations
- Employee Familiarity
- Recipes evolve



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TIME-WASTER CHECKLIST

MENU / GUESTCARDS

✓	TASK:
	1. Do you write your own menu?
	2. How do you track food preferences of your guests?
	3. If you use selective menus/guestcards, do you spend time trying to get the paper cards back with resident selections in a timely manner?
	4. After receiving paper selective menus back from residents, is someone tallying by hand?
	5. Do you develop diet spreadsheets for your therapeutic diets?
	6. How many different diets do you offer at your community?
	7. Do you have less staff available to work in evenings or weekends? Do your menus accommodate this?
	8. Do you use quantified recipes to avoid overproduction?
	9. Are you typing up weekly or daily menus to post in your community?
	10. What would staff say is the most time-consuming meal or menu item to make?

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A MENU SYSTEM= EFFICIENCY!

- Provides planned menu in advance
- Nutritionally analyzed
- Standardized Recipes
- Production streamlined
- Products to purchase (new products added to personal order guide)
- Labor/Equipment needed
- Therapeutic Diet Modifications

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SAMPLE STANDARDIZED RECIPE

GLAZED MEATLOAF

Portion: 1 piece **Category: Beef/Veal Recipe #: 267**

Ingredients	48 Servings	96 Servings	144 Servings	192 Servings
Pan Size:	1-12x20x2	2-12x20x2	3-12x20x2	4-12x20x2
MILK	1 qt	2 qt	3 qt	1 gal
RITZ CRACKERS, CRUSHED	2 lb	4 lb	6 lb	8 lb
ONIONS, FRESH, CHOPPED	3 cup	1 qt + 2 cup	2 qt + 1 cup	3 qt
SHREDDED CHEDDAR CHEESE	1 lb + 8 oz	3 lb	4 lb + 8 oz	6 lb
GROUND BEEF	9 lb	18 lb	27 lb	36 lb
BLACK PEPPER	2 tsp	1 tbsp + 1 tsp	2 tbsp	2 tbsp + 2 tsp
LIQUID WHOLE EGGS	2 1/4 cup	1 qt + 1/2 cup	1 qt + 2 3/4 cup	2 qt + 1 cup
TOPPING				
BROWN SUGAR	2 cup	1 qt	1 qt + 2 cup	2 qt
KETCHUP	2 cup	1 qt	1 qt + 2 cup	2 qt
YELLOW MUSTARD	2 tbsp	1/4 cup	1/4 cup + 2 tbsp	1/2 cup

METHOD:

CCP: THAW GROUND BEEF UNDER REFRIGERATION AND KEEP AT 41ºF OR LESS UNTIL READY TO USE IN RECIPE.
CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.
1. Combine eggs, milk and crushed crackers. Stir in onion and cheese.
2. Add ground beef and black pepper. Mix to combine ingredients, but do not overmix.
3. Spray pan(s) with pan release and press mixture into 12x20x2 pan(s). Cover with foil.
4. Bake in oven at 350ºF.
5. Prepare topping: Mix together brown sugar, ketchup and mustard. Spoon half of the mixture over meatloaf after 40 minutes of baking. Return to oven and bake uncovered for 10 minutes. Spoon remaining topping over the meatloaf and continue baking an additional 10 minutes, or until done.
CCP: COOK UNTIL INTERNAL TEMPERATURE REACHES 155ºF FOR 15 SECONDS.
5. Cut 12x10x2 pan 4x6 (for 24 servings). Cut 12x20x2 pan 6x8 (for 48 servings).
CCP: HOLD AT 135ºF OR ABOVE DURING ENTIRE SERVICE PERIOD.

FILES:

ANALYSIS:

Calories: 442.92 **Carbohydrate:** 23.64 **Protein:** 21.33 **Fat:** 28.41 **Sodium:** 400.74 **Potassium:** 132.34 **Iron:** 2.25
Calcium: 161.79 **Vitamin A:** 299.15 **Vitamin E:** 0.45 **Thiamin:** 0.06 **Riboflavin:** 0.21 **Niacin:** 0.67 **Vitamin C:** 1.54

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All recipes can work

Scratch Recipes

Speed Scratch Recipes

Convenience Recipes

CITRUS SALSA CHICKEN

Portion: 3 OZEP **Category: POULTRY Recipe #: 7944**

Ingredients	36 Servings	40 Servings	48 Servings	60 Servings
Pan Size:				
#734418 - ORANGE JUICE	2 qt + 2 3/4 cup	3 qt	3 qt + 2 1/3 cup	1 gal + 2 cup
#620520 - VEGETABLE OIL	1/2 cup	1/2 cup	2/3 cup	3/4 cup
#500011 - CHICKEN BASE, LOW SODIUM	1/4 cup	1/4 cup	1/3 cup	1/3 cup
#909021 - GARLIC MINCED	1 3/4 tbsp	2 tbsp	2 1/3 tbsp	3 tbsp
#977450 - CHICKEN BREAST, BONELESS, SKINLESS, FROZEN, 4 OZ	36 each	40 each	48 each	60 each
#753220 - PINEAPPLE, CRUSHED, #10 CAN	1 1/3 cup	3 3/4 cup	1 qt + 1/2 cup	1 qt + 1 2/3 cup
#751600 - MANDARIN ORANGES, CHOPPED, #10 CAN	1 3/4 cup	2 cup	2 1/3 cup	3 cup
#601800 - RED PEPPERS, DICED, CANNED	2/3 cup	3/4 cup	1 cup	1 cup + 2
#963530 - ONIONS, DICED, FROZEN	1/2 cup	1/2 cup	2/3 cup	3/4 cup

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFIGERATED STORAGE IF PREPARATION IS INTERRUPTED.
1. Combine orange juice, oil, chicken base and minced garlic.
2. Reserve 2 1/2 cups of marinade for salsa and 2 cups for basting (for each 40 servings).
3. Pour remaining marinade for salsa over the chicken. Cover and refrigerate overnight.
Prepare salsa:
4. Combine mandarine oranges, crushed pineapple, diced peppers, diced onions and reserved citrus marinade. Cover and r
overnight.
5. Grill, broil or bake chicken breasts, basting frequently with reserved marinade.
CCP: COOK UNTIL INTERNAL TEMPERATURE REACHES 165ºF FOR 15 SECONDS.
CCP: HOLD AT OR ABOVE 135ºF WHILE SERVING.
6. Serve 2 TBSP salsa with each chicken breast.

FILES:

NOTES:

CHERRY CHEESECAKE (MIX)

Portion: 1 SQ **Recipe #: 291**

Ingredient	48 Servings	96 Servings	96 Servings	96 Servings
Pan Size:	1 12x20x2	2 12x20x2	2 12x20x2	2 12x20x2
MARGARINE, MELTED	2 cup	1 qt	1 qt	1 qt
GRAHAM CRACKER CRUMBS	2 qt	1 gal	1 gal	1 gal
SUGAR	1 3/4 cup	3 1/2 cup	3 1/2 cup	3 1/2 cup
CHEESECAKE MIX	4 lb	8 lb	8 lb	8 lb
MILK 1%	3 qt	1 1/2 gal	1 1/2 gal	1 1/2 gal
PIE FILLING CHERRY	3 qt	1 1/2 gal	1 1/2 gal	1 1/2 gal

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.
margarine and combine with graham cracker crumbs and sugar.
s into the bottom of pan(s).
milk into a mixer bowl and add cheesecake mix. Blend with wire whip attachment on low speed 30 seconds.
bowl well.
on medium speed 2 minutes. DO NOT OVER WHIP.
filling into graham cracker crust. Chill at least 1 hour and preferably overnight.
each portion or whole pan with desired fruit topping.
ach 12x20x2 pan 6x8 for 48 servings.
OLD AT 41F OR LESS DURING SERVICE PERIOD.

NOTES:

ENS:

t implied nor should it be inferred that recipes that do not list an allergen are free from allergens.

PIE

Portion: 1 SLICE **Recipe #: 7505**

Ingredient	48 Servings	60 Servings	72 Servings	96 Servings
Pan Size:				
PIE T&S CHOCOLATE CREAM	3 each	3 3/4 each	4 1/2 each	6 each
PIE UB APPLE	3 each	3 3/4 each	4 1/2 each	6 each

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.
CCP: BE SURE TO WEAR GLOVES WHEN HANDLING AND CUTTING READY TO EAT FOODS.
FRUIT PIES:
CCP: STORE PIES IN FREEZER AT 0F UNTIL READY TO BAKE.
1. Bake fruit pie(s) from frozen state according to package directions.
2. Cool.
3. Cut each pie into 8 slices.
CREAM PIES:
CCP: STORE PIES IN FREEZER AT 0F UNTIL READY TO THAW.
1. Thaw pies under refrigeration at 41f or lower.
2. Slice into 8 slices per pie - **(Slicing will be easier if pies are still slightly frozen)**
CCP: KEEP PIES AT 41F OR LESS BEFORE SERVICE AND DURING SERVICE.
MERINGUE PIES:
CCP: STORE PIES IN FREEZER AT 0F UNTIL READY TO THAW.
1. Thaw whole pie in refrigerator for about 12 hours, or at room temperature for about 4 hours.
2. Slice using a warm knife, wipe clean after each cut.
3. Serve immediately or refrigerate.
4. Keep unused portions covered in refrigerator.
CCP: KEEP PIES AT 41F OR LESS BEFORE SERVICE AND DURING SERVICE.

PREP: **NOTES:**

ALLERGENS:

**It is not implied nor should it be inferred that recipes that do not list an allergen are free from allergens.

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MENU PLANNING FOR LOW LABOR/ LOW CENSUS

Week 1 REGULAR/NAS — FALL WINTER 2022-2023 BASE MENU — Week at a Glance

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B F S T	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ MAPLE BACON MINI LONG JOHN MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ APRICOT STREUSEL COFFEE CAKE MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ BACON TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG:____ TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE LINK PANCAKES/SYRUP FRUIT MILK	CHOICE OF JUICE CHOICE OF CEREAL APPLE BUTTER BREAKFAST BAKE FRUIT MILK	CHOICE OF JUICE CHOICE OF CEREAL HOT BREAKFAST SLIDER MILK
N O O N	COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY ROASTED RANCH BROCCOLI ROLL/MARG PUMPKIN PIE/TOPPING MILK	PORK MEDALLIONS W/ CRANBERRY CREAM SAUCE BUTTERY SWEET POTATO CASSEROLE BRUSSELS SPROUTS W/ CRAISINS BREAD/MARG PEACHES & CREAM DESSERT MILK	CHICKEN LASAGNA ITALIAN BLEND VEGETABLES GARLIC TOAST BANANA BREAD CAKE MILK	SMOKED SAUSAGE GERMAN SPAETZLE & CABBAGE MARINATED CUCUMBERS RYE BREAD / MARG CARAMEL APPLE CRISP MILK	CHICKEN PICCATA GARDEN LONG GRAIN & WILD RICE PARSLIED CARROTS VANILLA CHEESECAKE W/ CHERRY SAUCE MILK	SALMON PATTY CREAMED PEAS & POTATOES BREAD/MARG PEANUT BUTTER & JELLY BROWNIE MILK	PHILLY CHEESESTEAK BAKE CORN BREAD/MARG RASPBERRY SHERBET GELATIN MILK
E V E	CRISPY EMPANADA SHREDDED LETTUCE/TOMATO REFRIED BEANS W/ CHEESE CINNAMON APPLESAUCE COOKIE MILK	CHICKEN CORDON BLEU CASSEROLE SEASONED GREEN BEANS BREAD/MARG PEACHES MILK	SMASHBURGER SLIDERS POTATO WEDGES MIXED VEGETABLES PEARS MILK	LOADED HOT TURKEY SANDWICH FRIED POTATOES BEETS FRUIT MIX MILK	HOMEMADE CHILI SHREDDED CHEESE/DICED ONION CRACKERS CINNAMON ROLL TOSSED GREENS W/ DRSG PINEAPPLE MILK	CUBAN PIZZA CREAMY COLESLAW RICE KRISPIE SQUARE MILK	SOUP OF THE DAY CRACKERS COLD CUT SANDWICH LETTUCE & TOMATO SLICE POTATO CHIPS MANDARIN ORANGES MILK

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2022 BASE MENU

Item #	Item Description	Pack Size	Cases Needed	Cases On Hand	Purchase Cases
Bakery & Baking Products					
460831	Baking Powder Five Pound Tin	1 / 5# TIN	**		
461171	Baking Soda	1 / 1 pound	**		
983640	Biscuit Dough Southern Style	120 / 2.2 ounce	2 1/4		
415638	Bread Crumbs Plain	1 / 15 pound	1/2		
986100	Bread Dough White	24 / 18.25 ounce	3/4		
985370	Bread Garlic Toast	125 / 1.5 ounce	1 3/4		
986370	Bread Hoagie Hinged Sliced 5-6 Inch	9 / 6/5.5 inch	1		
988970	Bread Loaf Raisin Sliced 13 Inch Thaw And Serve	6 / 27.5 ounce	2 1/2		
989120	Bread Wheat Splittop Sliced	10 / 24 ounce	8 1/4		
989110	Bread White Splittop Sliced	10 / 24 ounce	1		
989130	Bun Hamburger White Sliced 4 inch	10 / 12 Count	2 3/4		
989140	Bun Hot Dog White Sliced	12 / 12 Count	3/4		
754580	Cherry Pie Filling	6 / #10	1/2		
465170	Chocolate Chips Semisweet	12 / 12 ounce	**		
465230	Cocoa 10 - 12% Butter Fat	1 / 5 pound	**		

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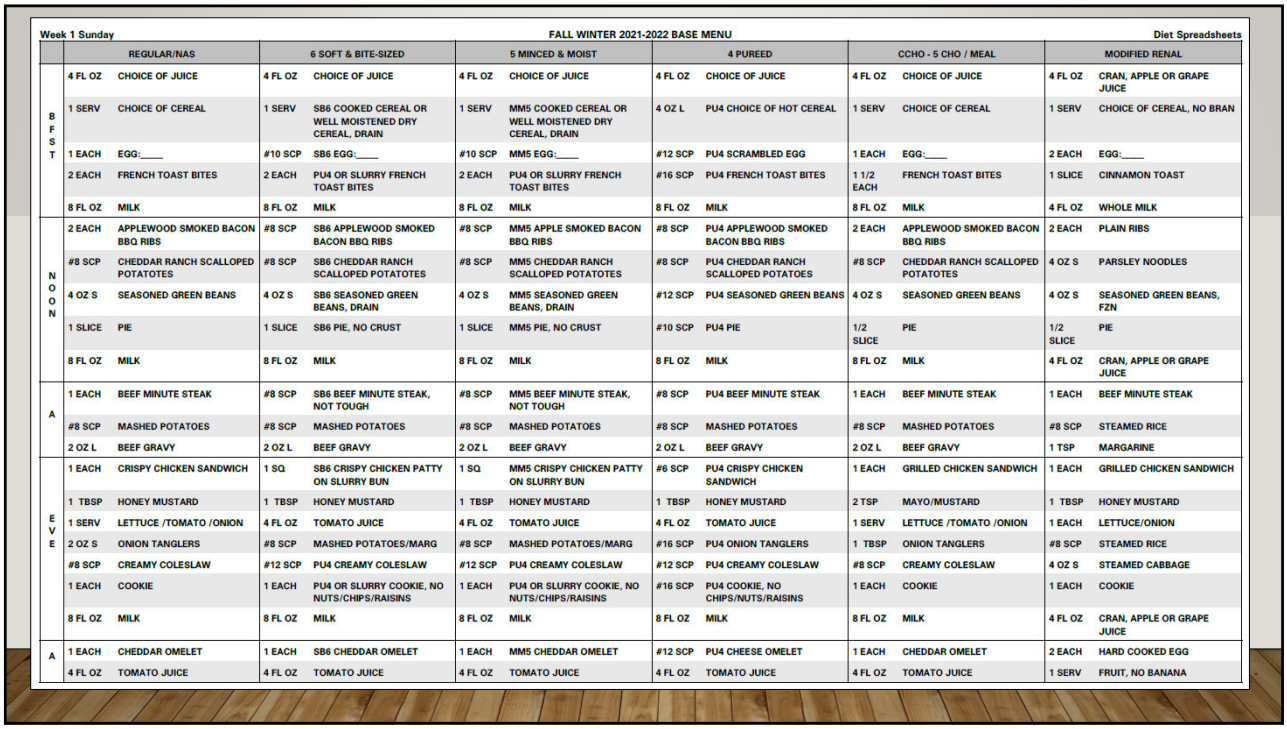
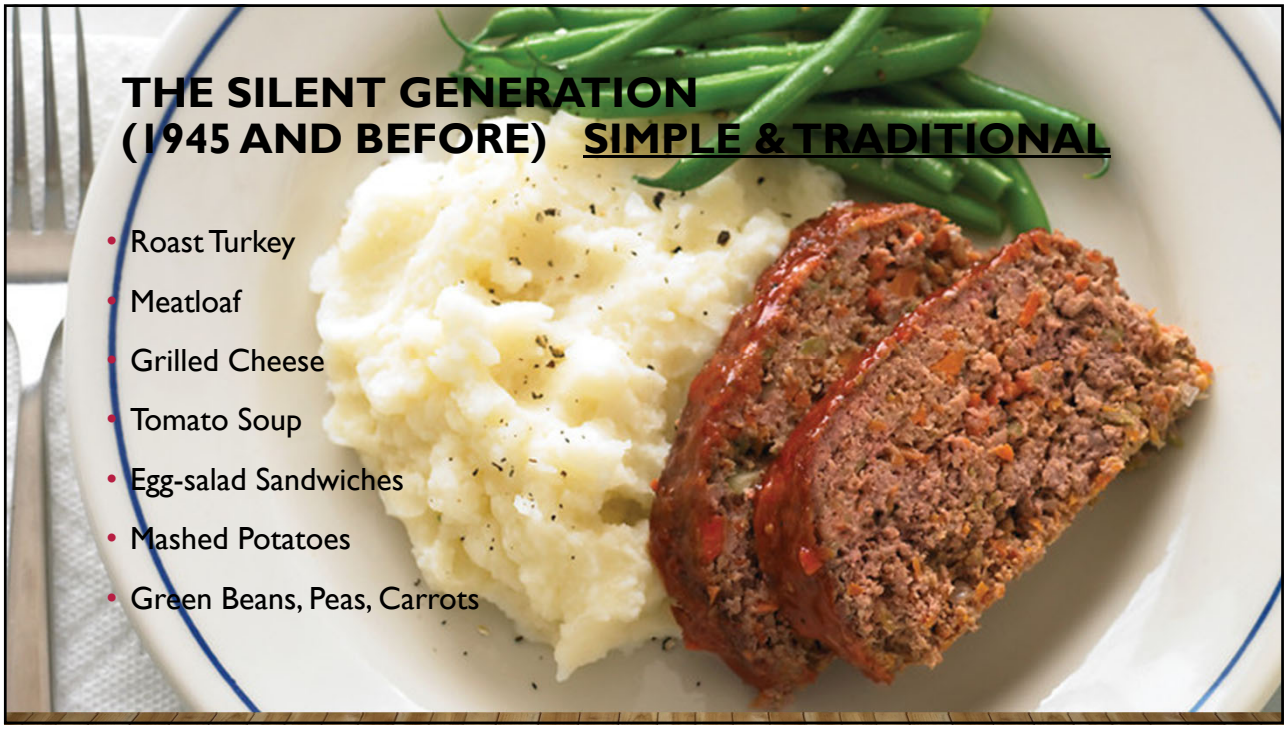


Week 1 Sunday — FALL WINTER 2021-2022 BASE MENU — Diet Spreadsheets

	REGULAR/NAS		6 SOFT & BITE-SIZED		5 MINCED & MOIST		4 PUREED		CCHO - 5 CHO / MEAL		MODIFIED RENAL	
BFST	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CRAN, APPLE OR GRAPE JUICE
	1 SERV	CHOICE OF CEREAL	1 SERV	SB6 COOKED CEREAL OR WELL MOISTENED DRY CEREAL, DRAIN	1 SERV	MM5 COOKED CEREAL OR WELL MOISTENED DRY CEREAL, DRAIN	4 OZ L	PU4 CHOICE OF HOT CEREAL	1 SERV	CHOICE OF CEREAL	1 SERV	CHOICE OF CEREAL, NO BRAN
	1 EACH	EGG:____	#10 SCP	SB6 EGG:____	#10 SCP	MM5 EGG:____	#12 SCP	PU4 SCRAMBLED EGG	1 EACH	EGG:____	2 EACH	EGG:____
	2 EACH	FRENCH TOAST BITES	2 EACH	PU4 OR SLURRY FRENCH TOAST BITES	2 EACH	PU4 OR SLURRY FRENCH TOAST BITES	#16 SCP	PU4 FRENCH TOAST BITES	1 1/2 EACH	FRENCH TOAST BITES	1 SLICE	CINNAMON TOAST
	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	4 FL OZ	WHOLE MILK
NOON	2 EACH	APPLEWOOD SMOKED BACON BBQ RIBS	#8 SCP	SB6 APPLEWOOD SMOKED BACON BBQ RIBS	#8 SCP	MM5 APPLE SMOKED BACON BBQ RIBS	#8 SCP	PU4 APPLEWOOD SMOKED BACON BBQ RIBS	2 EACH	APPLEWOOD SMOKED BACON BBQ RIBS	2 EACH	PLAIN RIBS
	#8 SCP	CHEDDAR RANCH SCALLOPED POTATOES	#8 SCP	SB6 CHEDDAR RANCH SCALLOPED POTATOES	#8 SCP	MM5 CHEDDAR RANCH SCALLOPED POTATOES	#8 SCP	PU4 CHEDDAR RANCH SCALLOPED POTATOES	#8 SCP	CHEDDAR RANCH SCALLOPED POTATOES	4 OZ S	PARSLEY NOODLES
	4 OZ S	SEASONED GREEN BEANS	4 OZ S	SB6 SEASONED GREEN BEANS, DRAIN	4 OZ S	MM5 SEASONED GREEN BEANS, DRAIN	#12 SCP	PU4 SEASONED GREEN BEANS	4 OZ S	SEASONED GREEN BEANS	4 OZ S	SEASONED GREEN BEANS, FZN
	1 SLICE	PIE	1 SLICE	SB6 PIE, NO CRUST	1 SLICE	MM5 PIE, NO CRUST	#10 SCP	PU4 PIE	1/2 SLICE	PIE	1/2 SLICE	PIE
	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	4 FL OZ	CRAN, APPLE OR GRAPE JUICE
A	1 EACH	BEEF MINUTE STEAK	#8 SCP	SB6 BEEF MINUTE STEAK, NOT TOUGH	#8 SCP	MM5 BEEF MINUTE STEAK, NOT TOUGH	#8 SCP	PU4 BEEF MINUTE STEAK	1 EACH	BEEF MINUTE STEAK	1 EACH	BEEF MINUTE STEAK
	#8 SCP	MASHED POTATOES	#8 SCP	MASHED POTATOES	#8 SCP	MASHED POTATOES	#8 SCP	MASHED POTATOES	#8 SCP	MASHED POTATOES	#8 SCP	STEAMED RICE
	2 OZ L	BEEF GRAVY	2 OZ L	BEEF GRAVY	2 OZ L	BEEF GRAVY	2 OZ L	BEEF GRAVY	2 OZ L	BEEF GRAVY	1 TSP	MARGARINE
EVE	1 EACH	CRISPY CHICKEN SANDWICH	1 SQ	SB6 CRISPY CHICKEN PATTY ON SLURRY BUN	1 SQ	MM5 CRISPY CHICKEN PATTY ON SLURRY BUN	#6 SCP	PU4 CRISPY CHICKEN SANDWICH	1 EACH	GRILLED CHICKEN SANDWICH	1 EACH	GRILLED CHICKEN SANDWICH
	1 TBSP	HONEY MUSTARD	1 TBSP	HONEY MUSTARD	1 TBSP	HONEY MUSTARD	1 TBSP	HONEY MUSTARD	2 TSP	MAYO/MUSTARD	1 TBSP	HONEY MUSTARD
	1 SERV	LETTUCE /TOMATO /ONION	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	1 SERV	LETTUCE /TOMATO /ONION	1 EACH	LETTUCE/ONION
	2 OZ S	ONION TANGLERS	#8 SCP	MASHED POTATOES/MARG	#8 SCP	MASHED POTATOES/MARG	#16 SCP	PU4 ONION TANGLERS	1 TBSP	ONION TANGLERS	#8 SCP	STEAMED RICE
	#8 SCP	CREAMY COLESLAW	#12 SCP	PU4 CREAMY COLESLAW	#12 SCP	PU4 CREAMY COLESLAW	#12 SCP	PU4 CREAMY COLESLAW	#8 SCP	CREAMY COLESLAW	4 OZ S	STEAMED CABBAGE
	1 EACH	COOKIE	1 EACH	PU4 OR SLURRY COOKIE, NO NUTS/CHIPS/RAISINS	1 EACH	PU4 OR SLURRY COOKIE, NO NUTS/CHIPS/RAISINS	#16 SCP	PU4 COOKIE, NO CHIPS/NUTS/RAISINS	1 EACH	COOKIE	1 EACH	COOKIE
	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	4 FL OZ	CRAN, APPLE OR GRAPE JUICE
A	1 EACH	CHEDDAR OMELET	1 EACH	SB6 CHEDDAR OMELET	1 EACH	MM5 CHEDDAR OMELET	#12 SCP	PU4 CHEESE OMELET	1 EACH	CHEDDAR OMELET	2 EACH	HARD COOKED EGG
	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	1 SERV	FRUIT, NO BANANA

21



22


BABY BOOMERS
(1946-1965) TRADITIONAL WITH A TWIST
• Fish & Seafood
• Chinese Food
• Sandwiches besides Hamburgers
• Mexican Food
• Barbeque Food
• Salad with Ranch or Caesar Dressing
• Beef Dishes

23


GENERATION X(1966-1976)
CURIOUS EATERS WHO PREFER MORE EXOTIC FOODS
• Mexican Food
• Chinese Food
• Japanese Food (Sushi)
• Mediterranean
• Wood-Fired Pizza

24

GETTING RESIDENT INPUT

Weekly Sampler

Seafood Quiche / Vegetable Quiche / Meat Lovers Quiche

Quiche: *a savory egg custard baked in a flaky pie crust shell. The base of quiche filling are milk, cream, and eggs. The additions vary and can include meats, seafood, cheese, spices and vegetables.*

Which is your favorite? Seafood Vegetable Meat Lover

Would you like to see this item featured on the menu? Yes No

Other Comments:

- Be positive with new menu options
- Show pictures, describe new recipes
- Food Council Meetings
- Bring Food
- Ask for "this or that" rather than open ended

25

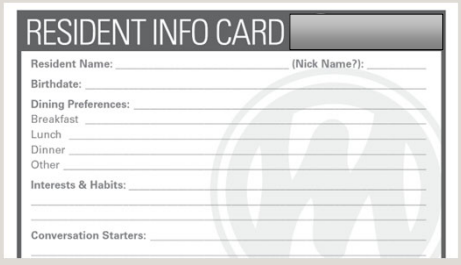
PERSONALIZE DINING

- Resident Info Card
- Guestcards / Traycards
- Introduce new team members working in the dining room

Noon Meal - Tue - May 07, 2019
Name: John Doe
Location: Table 3
Resident ID:
Room: 600
Diet: Consistent Carb-____
Liquid: ____

Allergies: [SHELLFISH]
Beverage Pref: whole milk, cranberry juice
Likes:
Dislikes: NO CARROTS, NO BROCCOLI, NO SAUSAGE
Instructions:
Adaptive Equip: independent tumbler

★ WHOLE MILK	8 fl oz
★ LIKES FOOD IN BOWLS	1 each



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IMPACT OF RESIDENT SATISFACTION

- Census builder
- Marketability
- Regulatory Compliance
- Happy residents = happy employees
- Happy Employees = happy residents

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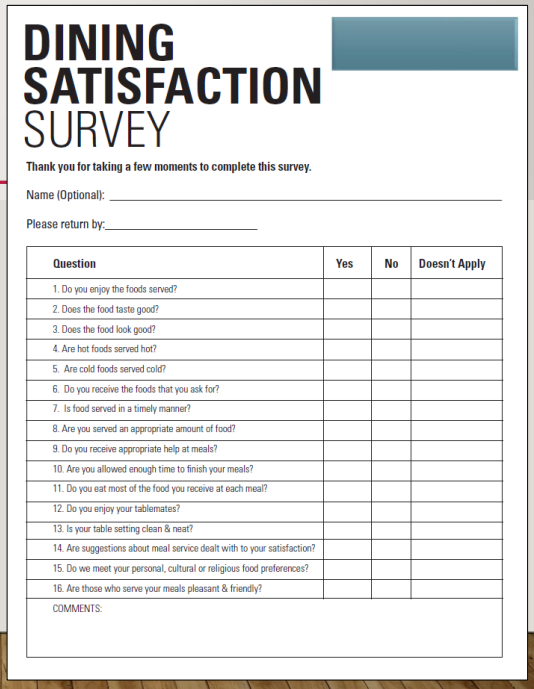
DINING SATISFACTION

- Appetizing descriptors
- Offer vs Serve
- Menu meetings to discuss menu/recipe updates
- Choices
- Tasters
- Dining Events



DINING SATISFACTION SURVEY

Thank you for taking a few moments to complete this survey.

Name (Optional): _____

Please return by:_____

Question	Yes	No	Doesn't Apply
1. Do you enjoy the foods served?			
2. Does the food taste good?			
3. Does the food look good?			
4. Are hot foods served hot?			
5. Are cold foods served cold?			
6. Do you receive the foods that you ask for?			
7. Is food served in a timely manner?			
8. Are you served an appropriate amount of food?			
9. Do you receive appropriate help at meals?			
10. Are you allowed enough time to finish your meals?			
11. Do you eat most of the food you receive at each meal?			
12. Do you enjoy your tablemates?			
13. Is your table setting clean & neat?			
14. Are suggestions about meal service dealt with to your satisfaction?			
15. Do we meet your personal, cultural or religious food preferences?			
16. Are those who serve your meals pleasant & friendly?			

COMMENTS:

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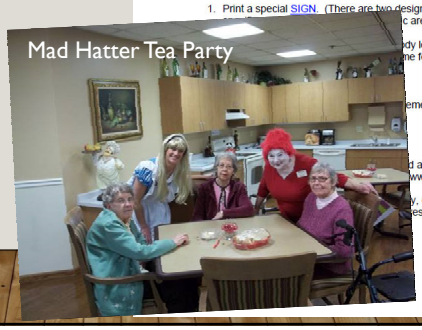
THEME EVENTS

Freckle Face Event



January 2007 – Party Idea – *Mad Hatter Tea Party*

Mad Hatter Tea Party

Introduction

We hope January ends up being "just your cup of tea." And what better way to celebrate the month than with an invitation to join Alice and her friends in Wonderland for the ultimate tea party?

FYI: January is National Hot Tea Month *and* the birth anniversary month for Lewis Carroll (Jan. 27, 1832), the creator of Alice and her adventures. Things just get "curiouser and curiouser" this month.

Begin with a clever title for your party. Besides "Mad Hatter Tea Party" it might be ...

- "Topsy-Turvy Tea Time"
- "Taking Tea with Alice"
- "Tea Through the Looking Glass"
- "Wonderland Wingding Tea"

Advertise the Event

1. Print a special SIGN. (There are two designs.) Simply type in a title and the ...c area where everyone will be sure to see

...dy loves getting personal invites to attend ...ne for your "mad" tea party invitation.

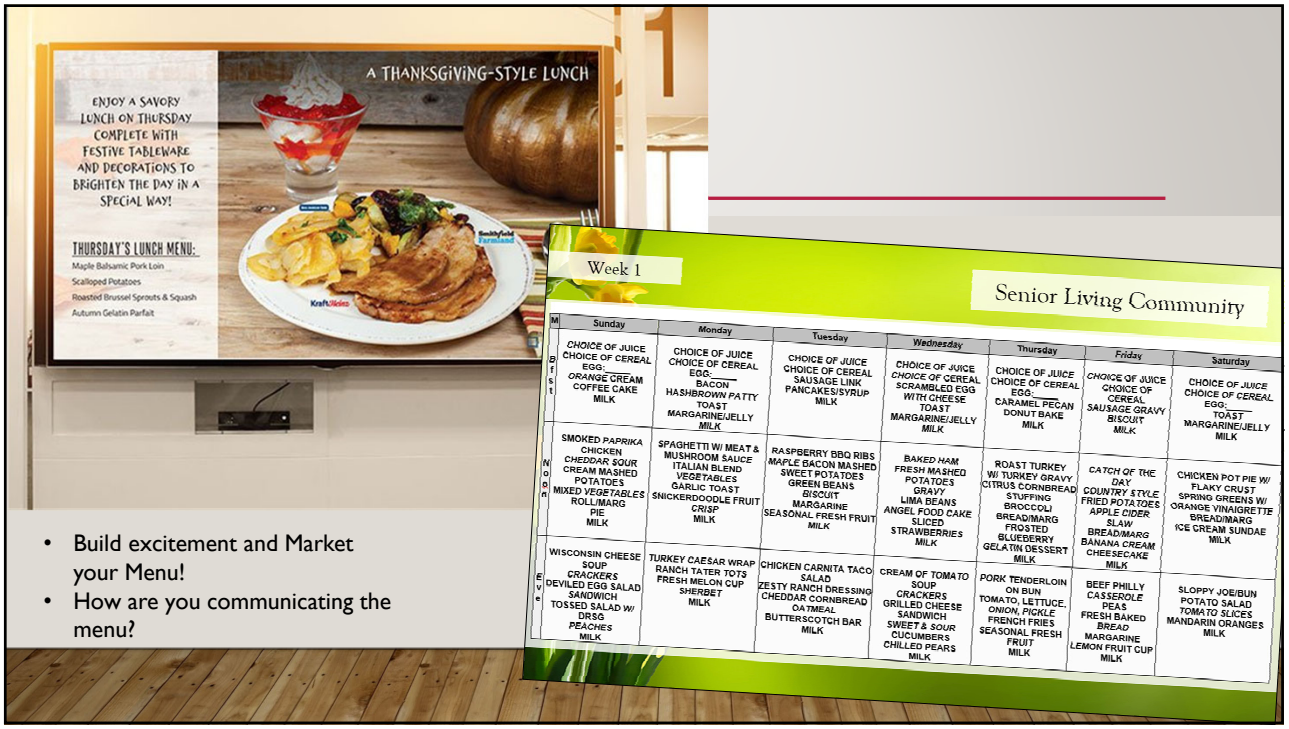
...eme Song)

...d a verse or quote from Chapter 7 of ...www.sabian.org/alicech7.htm) - the

...y, don't be so boring as to mail your ...essed as the Cheshire Cat, the Hare,

1

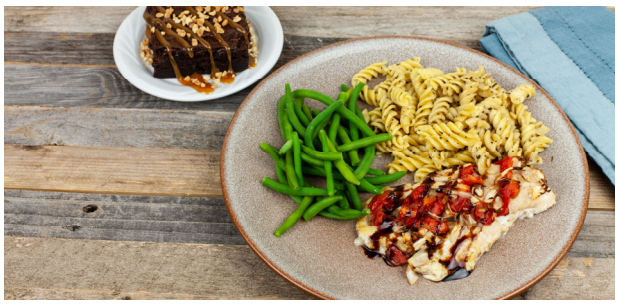
29



- Build excitement and Market your Menu!
- How are you communicating the menu?

30



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ALWAYS AVAILABLE

Always Available

BREAKFAST ANYTIME

BREAKFAST CEREALS
Choice of cereal served with toast with butter and jelly and seasonal fruit (1/2 cup)

TOASTED BAGEL
With cream cheese or peanut butter or peanut butter & jelly, plus seasonal fruit and orange juice.

YOGURT FRUIT PLATE OR COTTAGE CHEESE
With granola & honey & muffin

EGGS WITH BACON OR SAUSAGE
Choice preparation of eggs served with toasted English muffin with butter and jelly, orange juice

PANCAKES WITH BACON OR SAUSAGE
With butter and syrup. Choice preparation of 1 egg. Orange juice

LUNCH & DINNER

SPINACH SALAD
Fresh spinach leaves, dried cranberries, diced egg and bacon crumbles. Served with choice of salad dressing.

HOUSE SIDE SALAD
With dressing of choice

FRUIT PLATE
Medley of fresh fruits and choice of chicken, tuna or egg salad on lettuce leaf with sliced tomatoes and crackers.

LOADED BAKED POTATO
Including butter, sour cream, shredded cheese and chives with peaches, or choose a baked sweet potato.

HAMBURGER OR HOT DOG
With cheese, includes lettuce, tomato, pickle spear, French fries, condiments and applesauce.

TURKEY CLUB
Turkey and crispy bacon with lettuce leaf and sliced tomato on toasted bread with mayo, served with chips and applesauce.

CHICKEN STRIPS & FRENCH FRIES
Three golden strips with dipping sauce. Served with French fries and applesauce.

SINGLE-SERVE ITEMS

Sautéed Summer Vegetables
Onion Rings
French Fries
Fried Okra
Green Beans
Chicken Noodle Soup with Crackers
Tomato Soup
Grilled Chicken Breast
Pan-Seared Tilapia
Applesauce

DESSERTS

ICE CREAM
Vanilla
Chocolate
Strawberry
No-Sugar-Added Vanilla

RAINBOW SHERBET

BREAKFAST DAILY SPECIALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pancakes with Syrup & Bananas or Blueberries	Sausage Gravy & Biscuits & Strawberry Cup	Homemade Muffins with Yogurt Parfait	Lemon Blueberry French Toast Casserole with Banana Half	Warm Cinnamon Roll with Seasonal Fruit	Biscuit and Sausage Links with Baked Cinnamon Apples	Denver Omelet Muffin with Orange Slices

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

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CHEF SALAD

- Check par levels for ingredients: lettuce, tomatoes/carrots, deli turkey, shredded cheese hard cooked eggs
- Recipe:

CHEF SALAD

Portion: 1 EACH — Category: SALAD Recipe #: 15298

Ingredient	1 Servings
Pan Size:	
LETTUCE BLEND, RESTAURANT MIX	2 1/2 oz
FRESH TOMATOES, WEDGES	2 oz
BRICHE TURKEY	1 oz
SHREDDED CHEESE	3 Tbs + 2 1/2 tsp
HARD CHD EGGS, PASTEURIZED, QUARTERED	1EA

METHOD:

**********SCRATCH METHOD**********
CCP: WASH HANDS BEFORE HANDLING FOOD. AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.
CCP: WASH VEGETABLES IN CLEAN AND SANITIZED SINK.
1. Portion 4 oz (weight) of restaurant blend salad mix (1 1/2 cups) per bowl.
2. Arrange 1 oz ham, 6 oz of cheese on top of lettuce in each bowl.
3. Garnish 2 tomato wedges and 2 egg quarters.
4. Serve with selected dressing as allowed by diet.
CCP: HOLD FOR SERVICE AT 40° F OR LOWER

PREP: NOTES: OPTION: May use ham instead of shredded turkey

ALLERGENS: Egg,Milk
*It is not implied nor should it be inferred that recipes that do not list an allergen are free from allergens.

- Equipment needed: Gloves for bare hand contact, proper serving bowl.

GRILLED CHEESE

- Check par levels for ingredients. Pre-prep sandwich by buttering bread and place cheese inside of buttered bread slices. Wrap and keep refrigerated.
- Recipe:

GRILLED CHEESE SANDWICH (2 OZ AA)

Portion: 1 EACH — Category: SANDWICH Recipe #: 19326

Ingredient	2 Servings
Pan Size:	
MARGARINE	2 1/4 Tsp
WHITE BREAD, SANDWICH	4 sl
AMERICAN CHEESE, SLICED	6 sl

METHOD:

**********SCRATCH METHOD**********
CCP: WASH HANDS BEFORE HANDLING FOOD. AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.
1. To prepare ahead, butter two slices of bread.
2. Place 2 ounces of sliced cheese between unbuttered bread slices.
3. Wrap and date sandwich in plastic wrap and keep refrigerated until service.
4. Preheat hot griddle. Cook until golden on each side and cheese is melted.
5. Cut and serve hot. Serve 2 per plate.
TIP: QUALITY WILL BE BETTER IF MADE TO ORDER
CCP: HOLD FOR SERVICE AT 140° F OR ABOVE.

PREP: NOTES: Designed for on demand cooking or always available menus.

ALLERGENS: Milk
*It is not implied nor should it be inferred that recipes that do not list an allergen are free from allergens.

- Equipment needed: Griddle or fry pan, spatula, knife, serving plate

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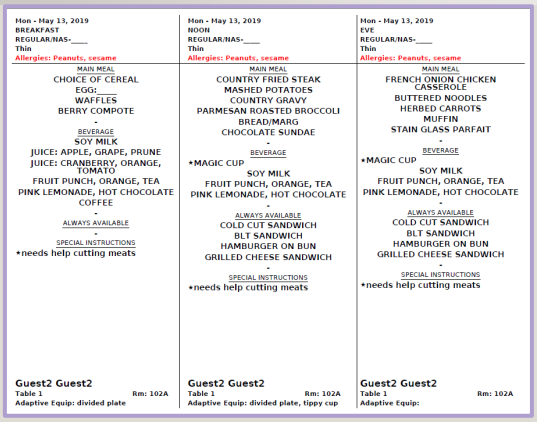
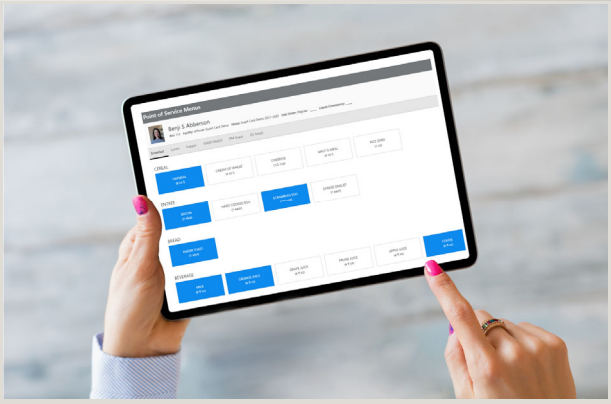
OFFER CHOICES EFFICIENTLY AND SAFELY



Mon - May 13, 2019 BREAKFAST REGULAR/NAS-____ Thin Allergies: Peanuts, sesame	Mon - May 13, 2019 NOON REGULAR/NAS-____ Thin Allergies: Peanuts, sesame	Mon - May 13, 2019 EVE REGULAR/NAS-____ Thin Allergies: Peanuts, sesame
MAIN MEAL CHOICE OF CEREAL EGG; WAFFLES BERRY COMPOTE - BEVERAGE SOY MILK JUICE: APPLE, GRAPE, PRUNE JUICE: CRANBERRY, ORANGE, TOMATO FRUIT PUNCH, ORANGE, TEA PINK LEMONADE, HOT CHOCOLATE COFFEE - ALWAYS AVAILABLE - SPECIAL INSTRUCTIONS *needs help cutting meats	MAIN MEAL COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY PARMESAN ROASTED BROCCOLI BREAD/MARG CHOCOLATE SUNDAE - BEVERAGE *MAGIC CUP SOY MILK FRUIT PUNCH, ORANGE, TEA PINK LEMONADE, HOT CHOCOLATE - ALWAYS AVAILABLE COLD CUT SANDWICH BLT SANDWICH HAMBURGER ON BUN GRILLED CHEESE SANDWICH - SPECIAL INSTRUCTIONS *needs help cutting meats	MAIN MEAL FRENCH ONION CHICKEN CASSEROLE BUTTERED NOODLES HERBED CARROTS MUFFIN STAIN GLASS PARFAIT - BEVERAGE *MAGIC CUP SOY MILK FRUIT PUNCH, ORANGE, TEA PINK LEMONADE, HOT CHOCOLATE - ALWAYS AVAILABLE COLD CUT SANDWICH BLT SANDWICH HAMBURGER ON BUN GRILLED CHEESE SANDWICH - SPECIAL INSTRUCTIONS *needs help cutting meats
Guest2 Guest2 Table 1 Rm: 102A Adaptive Equip: divided plate	Guest2 Guest2 Table 1 Rm: 102A Adaptive Equip: divided plate, tippy cup	Guest2 Guest2 Table 1 Rm: 102A Adaptive Equip:



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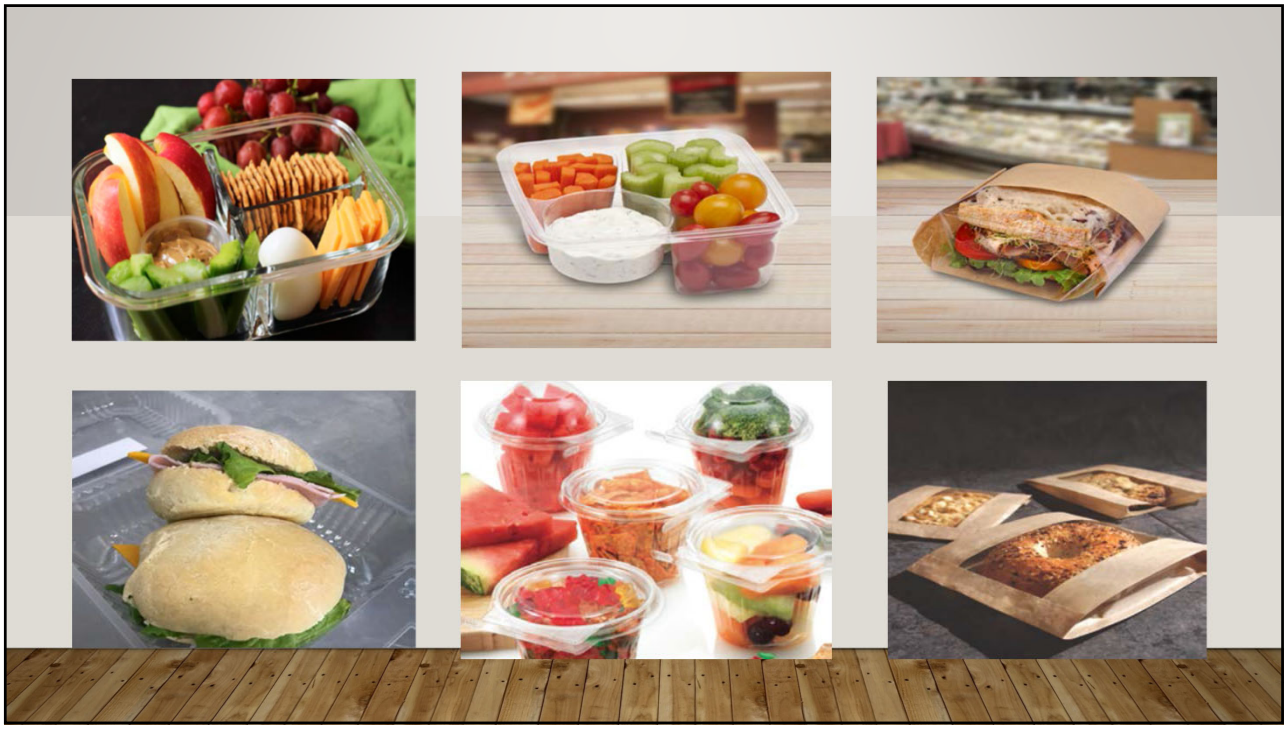

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- Regular/NAS
- 7 - EASY TO CHEW
- 6 - SOFT & BITE-SIZED
- 5 - MINCED & MOIST
- Pureed
- Consistent Carbohydrate
- Heart Healthy
- Liberal Renal
- Gluten Restricted
- Finger Food
- CONS CARB EC7
- CONS CARB SB6
- CONS CARB MM5
- CONS CARB PUREED
- HEART HEALTHY EC7
- HEART HEALTHY EC6
- HEART HEALTHY MM5
- HEART HEALTHY PUREED
- RENAL EC7
- RENAL SB6
- RENAL MM5
- RENAL PUREED
- LIMITED CONC SWEETS
- LCS SMALL PORTION
- RENAL/CCHO
- CCHO - 4 CHO / MEAL
- CCHO - 5 CHO / MEAL

Menu
Chicken Alfredo
Seasoned Peas
Garlic Breadstick
Blueberry Gelatin Dessert

Production
Chicken Alfredo, regular, plus IDDSI diets, plus GF option
    Baked Chicken for HH & Renal plus IDDSI diets
    plus another starch in place of alfredo
Seasoned Peas
    Wax Beans for IDDSI diets
Garlic breadstick plus IDDSI diets, plus GF option
Blueberry Gelatin Dessert
    Pudding Dessert
    Blueberries for Renal diet
Plus Individual Preferences

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Liberalize/Streamline Diets = Efficiency and Cost Savings

- Current Diet Manual.
  - Examples: Simplified Diet Manual, Nutrition Care Manual
  - Iowa Academy of Nutrition & Dietetics (IAND), Academy of Nutrition & Dietetics (AND)
  - No longer has National Dysphagia diets or Mechanical Soft diet
  - No longer has Limited Concentrated Sweets diet
  - Restricted sodium and lowfat diets not recommended for older adults
- How confident are you that your dietary staff can follow therapeutic diets correctly?
  - Combination diets add another layer!

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THERAPEUTIC DIETS CAN BE COSTLY

- Citation costs if not serving correct diet/menu/texture.
- Costs of purchasing extra food items
- Costs of production for preparing menu items for all diets
- Staff ability to produce quality meal.
- Do residents eat the restricted diet?
- How is resident satisfaction?

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Commonly prescribed Therapeutic diets for Elderly

Health Condition	Therapeutic Diet	Liberalized diet
Normal	Regular	Regular
Diabetes Mellitus	No concentrated Sweets Diet Low Concentrated Sweets Diet Carbohydrate Controlled Diet	*Regular with individual preferences.
Hypertension	No Added Salt Diet	*Regular with individual preferences.
Heart Disease	No Added Salt Diet No Fried Food	*Regular with individual preferences.
Chronic Kidney Disease	Renal Diet with or without Fluid Restriction	*Regular with individual preferences.

Food and Nutrition Services (§483.60)

§483.60(e) "Therapeutic diets"

(1) Therapeutic diets must be prescribed by the attending physician.

(2) The attending physician may delegate to a registered or licensed dietitian the task of prescribing a resident's diet, including a therapeutic diet, to the extent allowed by State law.

DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Medicare & Medicaid Services
7500 Security Boulevard, Mail Stop C2-21-16
Baltimore, Maryland 21244-1850

CMS CENTERS FOR MEDICARE & MEDICAID SERVICES

Center for Clinical Standards and Quality/Survey & Certification Group

Ref: S&C: 13-13-NH

DATE: March 1, 2013

TO: State Survey Agency Directors

FROM: Director
Survey and Certification Group

SUBJECT: Information Only: New Dining Standards of Practice Resources are Available Now

Memorandum Summary

- **New Dining Practice Standards:** An interdisciplinary task force, sponsored by the Pioneer Network and the Rothschild Foundation, has released new dining practice recommendations for nursing home residents.
- **Expanding Diet Options for Older Individuals:** Research has indicated that many older individuals may not need to be limited to very restrictive diets, pureed foods, and thickened liquids even though they may have many chronic conditions. Conversely, restricting food choices can result in loss of appetite and eventual weight loss.
- **Surveyor Training Video:** The Centers for Medicare & Medicaid Services (CMS) is providing a new 24-minute video training product to all survey agencies with information on new dining standards of practice and therapeutic diets. This video, which is an introduction to the New Dining Practice Standards, was developed by several national professional organizations.

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Kitchen

TIME-WASTER CHECKLIST

✓	TASK:
	1. Do you have an efficient way to use up leftovers?
	2. Have you observed staff during shifts for possible efficiency strategies to implement? Are some employees working faster and more efficient than others?
	3. Have you asked staff for ideas on how to make duties more efficient?
	4. Does the cook have to plan their own pre-prep for menu or is it done for them?
	5. Is there equipment available to make a job more efficient (ie – bussing bins for clearing dining room tables)? Do you have enough carts for kitchen staff use?
	6. Do you pre-soak dishes to avoid time scrubbing?
	7. Do you avoid chef salads or extra garnishes on menu due to time it takes for service?
	8. Do you pre-pour beverages or offer beverage service?
	9. Is there equipment available to streamline cooking processes (ie – combi oven, conveyor toaster, electric can opener, etc.)? How much time would this save your cook?
	10. Is kitchen staff proficient in slicing/dicing of fruit and vegetables when needed? Do you purchase pre-cut fruit and vegetables or have efficient slicers, dicers, wedgers in use?
	11. How often are you doing staff trainings? Are they beneficial? Would short, 10-minute huddle trainings work?
	12. Do you use automatic mixing station for chemicals?
	13. Are you wrapping silverware for each meal?
	14. What type of snacks are offered in your community? Are they made in-house or pre-packaged?
	15. How many puréed or mechanical soft diets do you prepare for? Is the process of texture-modified foods a large part of production day?

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PRE-PREP

Week 1 — FALL WINTER 2021-2022 BASE MENU — Pre-Prep-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prepare						
			HOT COCOA CHEESECAKE (Thursday): PREPARE & CHILL HOT COCOA CHEESECAKE	CHERRIES IN THE SNOW (Friday): Chill Cherries in the Snow	TUTTI FRUTTI GELATIN (Saturday): Prepare & Chill Tutti Frutti Gelatin	
Refrigerate						
	TACO SALAD (Wednesday): 2 DAYS AHEAD THAW GROUND BEEF REUBEN BAKE (Wednesday): Thaw Corned Beef BUTTER PECAN CHICKEN (Wednesday): Thaw Chicken Breasts	TACO MEATLOAF (Thursday): THAW GROUND BEEF ROASTED CHICKEN (Thursday): Thaw Chicken Legs	MIXED FRUIT (Thursday): THAW MIXED FRUIT FRIED CORN W/ BACON (Thursday): Thaw Corn SHEPHERD'S PIE SOUP (Friday): Thaw Ground Beef	CREAMY HAM ALFREDO (Saturday): Thaw Diced Ham TUTTI FRUTTI GELATIN (Saturday): Thaw Raspberries BAKED HAM (Monday): THAW HAM	FRESH BAKED BREAD (Friday): Proof bread dough in proofer or counter before baking CHILI (Sunday): THAW GROUND BEEF SOUTHERN FRIED CHICKEN (Sunday): THAW CHICKEN	BRAISED STEAK W/MUSHROOM GRAVY (Monday): Thaw Salisbury Steaks

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IDDSI LEVEL 5 READY MEATS

SHAPED PUREED FOODS

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BREAD & DESSERT MIX

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MEAL KIT CONCEPT

Lasagna Roll Up w/Meat Sauce

Side Salad (Make up yourself)

Garlic Toast

Reheating instructions:

Bake Lasagna Roll Ups covered at 350 degrees for approx. 30-40 min and then uncover and bake additional 15-20 min and internal temperature reaches 165 degrees

Place Garlic Toast on a baking sheet and bake uncovered at 350 degrees for approx. 8-10 min and internal temperature reaches 165 degrees

Prepare Side Salad

Serving Size:

1 Lasagna Roll up

4 oz scoop of Meat Sauce

1 piece of Garlic Toast

Side Salad –

Plating Instructions:

Place Roll Up and Spread Meat Sauce over the Lasagna Roll up

Place Garlic Toast on the other side of the plate

Place Side salad in a bowl and place on plate

Optional Sides:

Dressings for Salad

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OVERPRODUCTION….

- **Senior Living waste is 18-20%**
  - Related to bulk production and poor systems
- Hotels 9%
- Restaurants 8.3%
- Other Non-commercial 7.6%

<u>Look at your Systems…..</u>

- Track Waste
- Recipe yields
- Forecasting
- Batch Cooking

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PrepMate MultiStation

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KNIFE SKILLS 101

LEARN TO PREPARE

- Onions
- Tomatoes
- Carrots
- Celery
- Pineapple
- Cantaloupe
- Fresh Herbs
- Proteins
- Knife Sharpening Tutorial

10" CHEF'S KNIFE - SANI SAFE - BLUE HANDLE (251640)
SANI-SAFE® Cook's Knife, in Perfect Cutlery Packaging, stain-free, high-carbon steel blade, textured, blue polypropylene handle. NSF Certified.

3.5" PARING KNIFE V-LO (250215)
V-LO® 3.5" Parer. The ideal tool for peeling, trimming, slicing, and garnishing small fruits and vegetables.

12" SLICER ROAST BEEF V-LO (250260)
Duo edge roast slicer with dex-tex armadillo texture and composite handle, stain free, high-carbon steel blades, long lasting sharp edges. NSF certified.

8" FILLET KNIFE - NARROW (90437599)
The SofGrip product line is the standard in non-slip and comfortable design for demanding kitchen environments. Blades are manufactured from proprietary DEX-STEEL™ stain-free, high-carbon steel and are individually ground and honed.

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CHEF'S GO-TO EQUIPMENT LIST

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HUDDLE TEMPLATE (SERVICE WITH A SMILE)

DATE:

ATTENDEES:

ANNOUNCEMENT/RECOGNITION:

TOPIC: Service with a Smile

GROUP QUESTION: What are the benefits of a positive work environment/resident experience?

SUGGESTED ANSWERS:

- Employees feel comfortable to discuss work-related tasks with each other
- Residents feel a sense of trust and comfort
- Less stress, less workplace injuries, better retention of staff

Every time eye contact is made with a resident, a smile should be the result!

What about the staff in the community? Other departments will notice a positive attitude or non-verbal communication when interacting with residents. A positive and happy interaction with nursing, housekeeping, and residents' family members maintains a good morale within the community.

Name a co-worker that consistently displays service with a smile?

EXAMPLE/RECOGNITION OF STAFF MEMBER THAT EXCELS AT THE HUDDLE TOPIC:

TAKEAWAY MESSAGE:

BONUS TIPS

WHO: ALL members of the healthcare and food service team

WHERE: Same place every day

WHEN: Same time every day

WHY: Employee engagement, retention

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TECHNOLOGY TIME SAVERS

- Menu Program
- Standardized recipes scaled to needs
- Grocery List by diet and census
- Organize resident preferences on guestcard—ready for care conferences
- Link to grocery cart
- Point of Service program
- GL Coding
- "Sheet to Shelf" Order Guide (personal order guide vs master)
- Automated Audits—Food Safety, Sanitation, Resident Satisfaction, Staff Training
- Automated budget tracking

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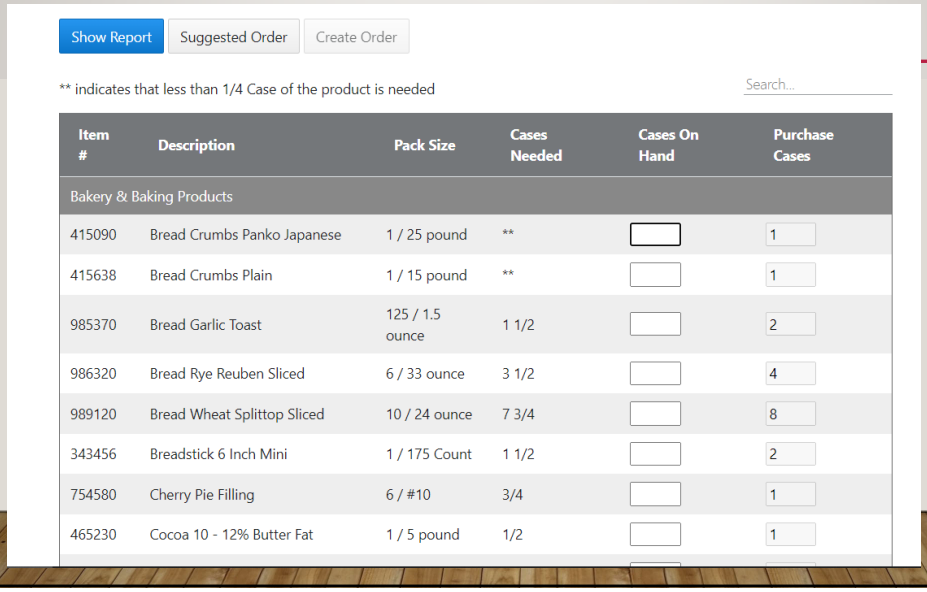
LINK TO CART FOR ORDERING



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PREPARED FOR CARE CONFERENCE

Guest Detail - MPower Guest Card Demo - 5/7/19

Last: Doe **First:** John **MI:**
Room: 600 **ID:** **Location:** Table 3 **In Facility?** Y **Selective?** N
Gender: M **DOB:** **Admit:** **Tube Fed?** N **Total Assist?** N

Diet Order: Consistent Carb **Diet Cons:** ____ **Liquid Cons:** ____
Does Not Eat Meals:

Allergies
SHELLFISH

Instructions
Breakfast: Need assist with cereal

Adaptive Equipment
Breakfast: independent tumbler
Noon Meal: independent tumbler
Evening Meal: independent tumbler

Likes/Dislikes
Likes:
Dislikes: NO CARROTS, NO BROCCOLI, NO SAUSAGE
Bev Pref: whole milk, cranberry juice

Preferences

Meal	Days	Recipe #	Rec. Name	Qty	Utensil
Breakfast	Su, M, T, W, R, F, Sa	9061	BANANA HALF	1.0	Each
Breakfast	Su, M, T, W, R, F, Sa	11886	CRANBERRY JUICE	4.0	Fluid ounce
Breakfast	Su, M, T, W, R, F, Sa	12603	WHOLE MILK	8.0	Fluid ounce
Breakfast	Su, M, T, W, R, F, Sa	16232	LIKES FOOD IN BOWLS	1.0	Each
Breakfast	Su, M, T, W, R, F, Sa	118	OATMEAL	1.0	4 OZ L
Noon Meal	Su, M, T, W, R, F, Sa	12603	WHOLE MILK	8.0	Fluid ounce
Noon Meal	Su, M, T, W, R, F, Sa	16232	LIKES FOOD IN BOWLS	1.0	Each
Evening Meal	Su, M, T, W, R, F, Sa	11886	CRANBERRY JUICE	4.0	Fluid ounce
Evening Meal	Su, M, T, W, R, F, Sa	12603	WHOLE MILK	8.0	Fluid ounce
Evening Meal	Su, M, T, W, R, F, Sa	16232	LIKES FOOD IN BOWLS	1.0	Each
HS Snack	Su, M, T, W, R, F, Sa	100209763	MAGIC CUP - VANILLA	1.0	Each

Replacements

To be Replaced:			Replace with:			
Meals	Recipe #	Recipe Name	Recipe #	Recipe Name	Qty	Utensil
Breakfast	7204	MILK, LOW FAT (8 OZ)	12603	WHOLE MILK	0.0	#10 SCP
Noon Meal	7204	MILK, LOW FAT (8 OZ)	12603	WHOLE MILK	0.0	#10 SCP
Evening Meal	7204	MILK, LOW FAT (8 OZ)	12603	WHOLE MILK	0.0	#10 SCP

Notes **Date** **By**

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- Quality & Precision
- Speed & Reliability
- Labor Savings
- Customer Experience

Robots serve food to seniors at Delaware County retirement community - 6abc Philadelphia

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BENEFITS OF AUTOMATION

- Fixed expenses
- Reduce training costs and turnover
- Increase quality and reliability

CLEANING

Utilize automation for vacuuming, mopping and disinfecting to maximize staff efficiency.

SERVING & BUSING

Save time and money while providing a positive customer experience.

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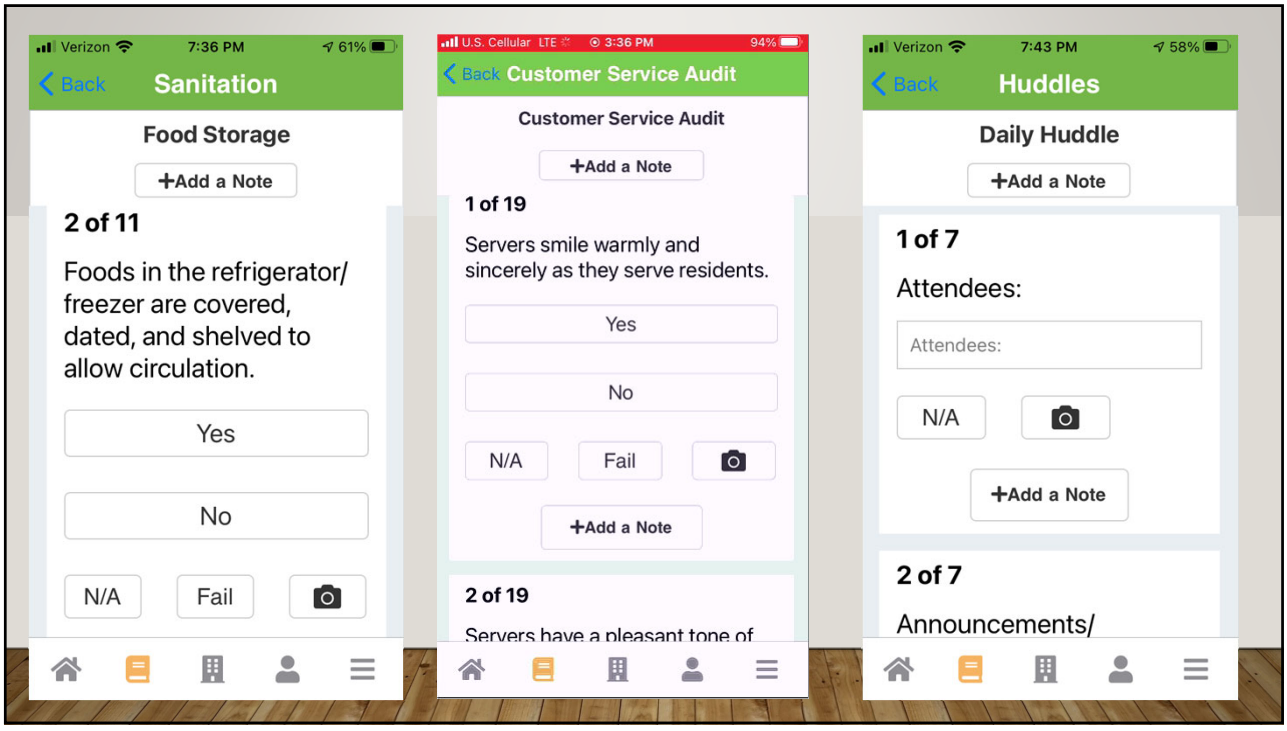

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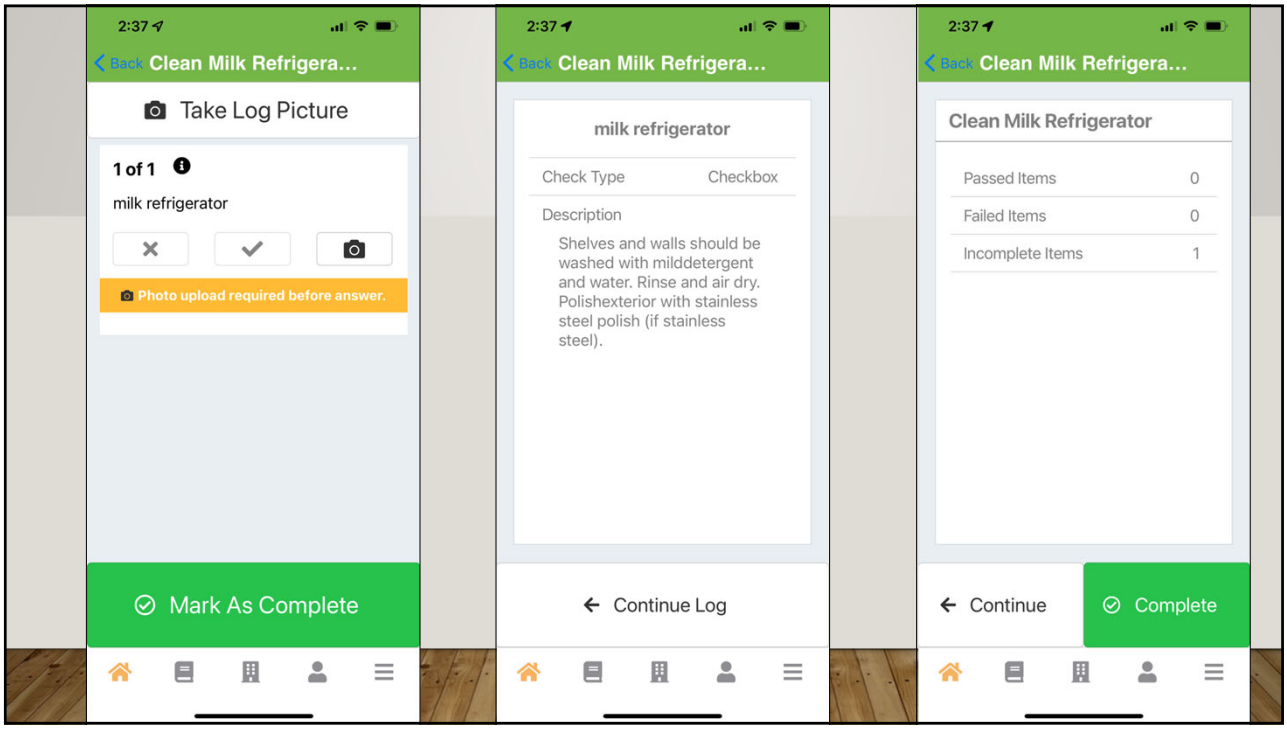
2:37
Back Clean Milk Refrigera...
Take Log Picture
1 of 1
milk refrigerator
Photo upload required before answer.
Mark As Complete
2:37
Back Clean Milk Refrigera...
milk refrigerator
Check Type Checkbox
Description
Shelves and walls should be washed with milddetergent and water. Rinse and air dry. Polishexterior with stainless steel polish (if stainless steel).
Continue Log
2:37
Back Clean Milk Refrigera...
Clean Milk Refrigerator
Passed Items 0
Failed Items 0
Incomplete Items 1
Continue
Complete

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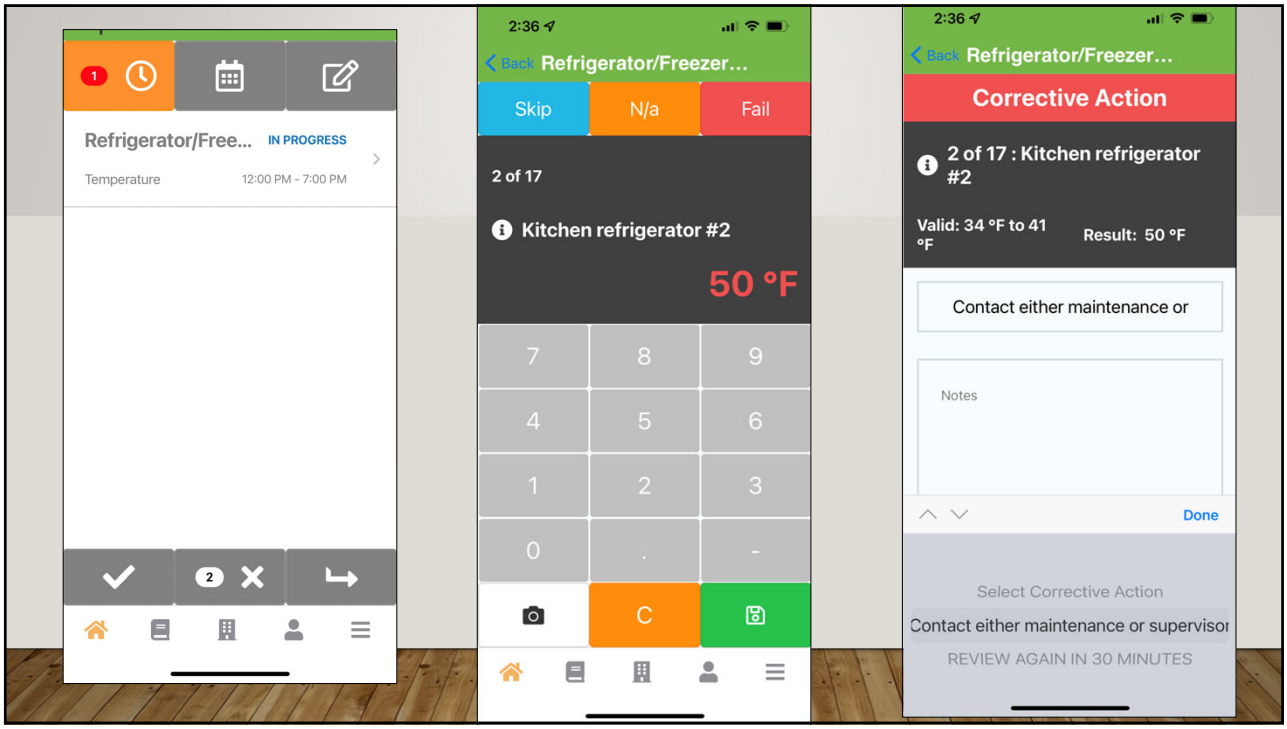
Refrigerator/Free... IN PROGRESS
Temperature 12:00 PM - 7:00 PM
2:36
Back Refrigerator/Freezer...
Skip
N/a
Fail
2 of 17
Kitchen refrigerator #2
50 °F
7 8 9
4 5 6
1 2 3
0 . -
C
2:36
Back Refrigerator/Freezer...
Corrective Action
2 of 17 : Kitchen refrigerator #2
Valid: 34 °F to 41 °F
Result: 50 °F
Contact either maintenance or
Notes
Done
Select Corrective Action
Contact either maintenance or supervisor
REVIEW AGAIN IN 30 MINUTES

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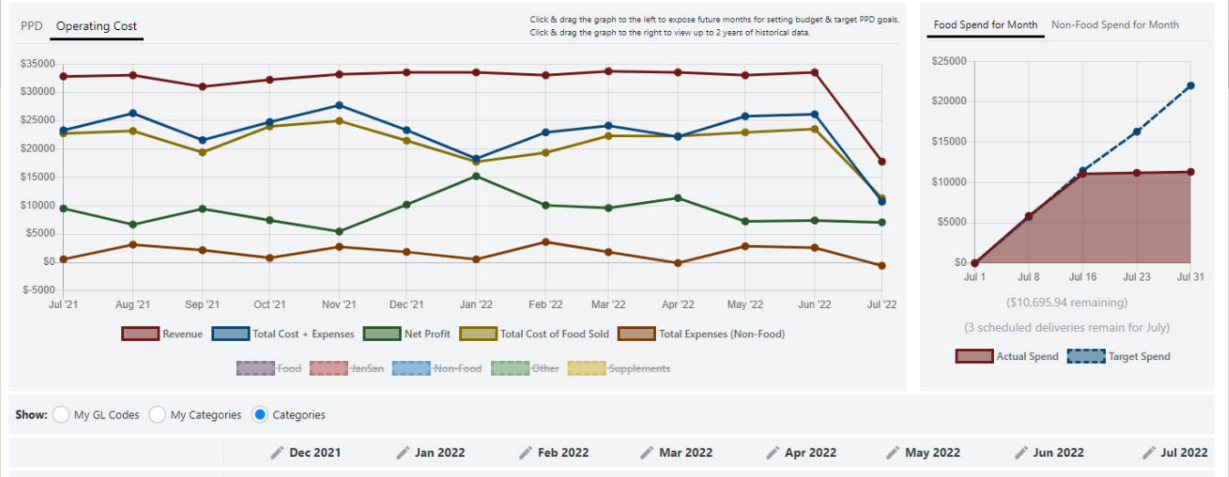
Automated Budget Tracking Tool



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ORDERING / INVENTORY / STORAGE

✓	TASK:
	1. How much time do you take to put in weekly food order? Is your order organized?
	2. Do you take inventory before placing order?
	3. Do you have a list of upcoming menu ingredients ready for ordering or do you need to check recipes and figure amounts needed by hand?
	4. How much time do you spend on kitchen supplies order, janitorial order, etc.?
	5. Are you coding your invoices after receiving your orders?
	6. How much time does it take to put food order away?
	7. How often are you making trips to grocery store?
	8. Could you plan for better storage of food to offer efficiencies and cost savings (ie– bigger storage option to lessen ordering and delivery days, storage of food close to kitchen, etc.)?

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GL CODING: SIMPLIFY YOUR WORKFLOW

WHY GL CODING?

CONSISTENCY
By assigning GL codes to specific items, you can more accurately and consistently track your purchases..

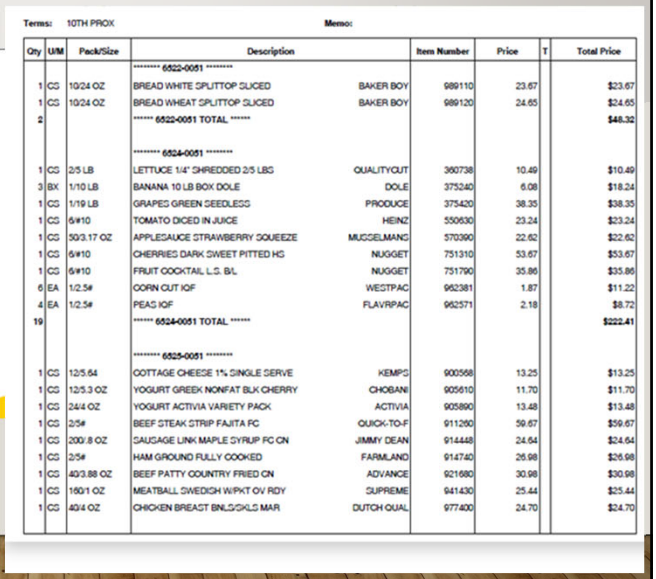
ELIMINATES INNACURACIES
Avoid encountering coding errors that can take place due to human innacuracy.

EFFICIENCY
Streamline your overall workflow by setting up codes one time and say goodbye to repetitive tasks for staff.

TIME SAVINGS
By assigning preestablished GL codes to all items in your order guide, you can reduce the number of hours your staff spends coding off of invoice, allowing them time to work on other important tasks.

SEAMLESS INTEGRATION
All purchases can be dowloaded into excel format and integrated into third party accounting system software.

EASE OF USE
A user-friendly system makes it easy to assign GL codes to items. Your account specialist is also available to help set up your code assignments.



Terms: 10TH PROX Memo:

Qty	U/M	Pack/Size	Description		Item Number	Price	T	Total Price
			******** 6522-0051 ********					
1	CS	10/24 OZ	BREAD WHITE SPLITTOP SLICED	BAKER BOY	989110	23.67		$23.67
1	CS	10/24 OZ	BREAD WHEAT SPLITTOP SLICED	BAKER BOY	989120	24.65		$24.65
2			****** 6522-0051 TOTAL ******					$48.32
			******** 6524-0051 ********					
1	CS	2/5 LB	LETTUCE 1/4" SHREDDED 2/5 LBS	QUALITYCUT	360738	10.49		$10.49
3	BX	1/10 LB	BANANA 10 LB BOX DOLE	DOLE	375240	6.08		$18.24
1	CS	1/19 LB	GRAPES GREEN SEEDLESS	PRODUCE	375420	38.35		$38.35
1	CS	6/#10	TOMATO DICED IN JUICE	HEINZ	550630	23.24		$23.24
1	CS	50/3.17 OZ	APPLESAUCE STRAWBERRY SQUEEZE	MUSSELMANS	570390	22.62		$22.62
1	CS	6/#10	CHERRIES DARK SWEET PITTED HS	NUGGET	751310	53.67		$53.67
1	CS	6/#10	FRUIT COCKTAIL L.S. B/L	NUGGET	751790	35.86		$35.86
6	EA	1/2.5#	CORN CUT IQF	WESTPAC	962381	1.87		$11.22
4	EA	1/2.5#	PEAS IQF	FLAVRPAC	962571	2.18		$8.72
19			****** 6524-0051 TOTAL ******					$222.41
			******** 6525-0051 ********					
1	CS	12/5.64	COTTAGE CHEESE 1% SINGLE SERVE	KEMPS	900568	13.25		$13.25
1	CS	12/5.3 OZ	YOGURT GREEK NONFAT BLK CHERRY	CHOBANI	905610	11.70		$11.70
1	CS	24/4 OZ	YOGURT ACTIVIA VARIETY PACK	ACTIVIA	905890	13.48		$13.48
1	CS	2/5#	BEEF STEAK STRIP FAJITA FC	QUICK-TO-F	911260	59.67		$59.67
1	CS	200/.8 OZ	SAUSAGE LINK MAPLE SYRUP FC CN	JIMMY DEAN	914448	24.64		$24.64
1	CS	2/5#	HAM GROUND FULLY COOKED	FARMLAND	914740	26.98		$26.98
1	CS	40/3.88 OZ	BEEF PATTY COUNTRY FRIED CN	ADVANCE	921680	30.98		$30.98
1	CS	160/1 OZ	MEATBALL SWEDISH W/PKT OV RDY	SUPREME	941430	25.44		$25.44
1	CS	40/4 OZ	CHICKEN BREAST BNLS/SKLS MAR	DUTCH QUAL	977400	24.70		$24.70

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COST OF A GROCERY STORE RUN

1 head of lettuce @ $1.29……....$1.29

1 hour of time @ $15.00/hour.....$15.00

2 miles to store @ $.51/mile……..$2.04

Cost to process a check ……...$15.00

$33.33

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WORKFORCE INNOVATIONS

- Scheduling
- Set up menu with ingredients/products already in the supply chain
- Non-traditional : teens, retired

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SCHEDULE SHIFT IDEA/ DECREASE STAFFING NEEDED

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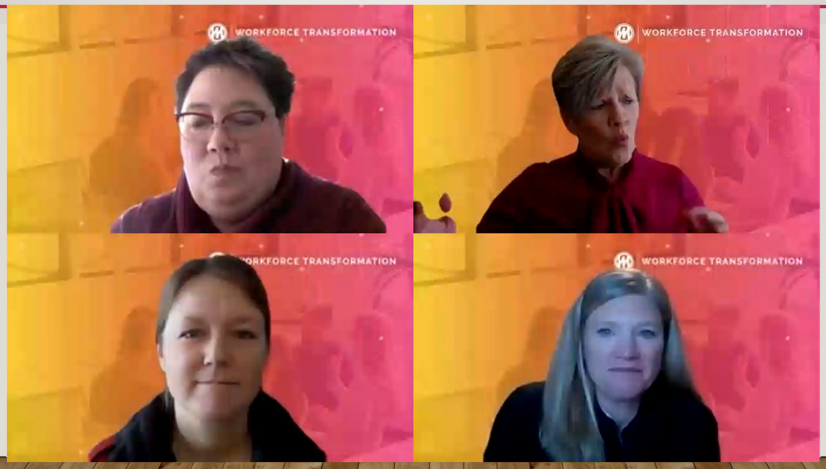
ADAPT/SIMPLIFY/CREATIVE SOLUTIONS



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A LESSON IN TEAMWORK

GAME OF MEMORY

Demonstrate that teams can accomplish more than working alone.

SO MUCH IN COMMON

By realizing that you share commonalities with people, you will become more familiar with them.

THE BUCKET LIST: INCREASING EMPATHY

Start with the "empathy exercise," a sobering activity where staff members are residents who lose their freedoms. Everyone has to write down 12 things that are important to them, and these things are "taken away from them" one by one. Questions are discussed at the end of the exercise. Staff members then get into groups to complete a "bucket list," or scavenger hunt. This game will not only increase empathy for the journey your residents go through but also increase your quality of care by getting staff more involved with residents.

"Please Pass the Problems" + "Please Pass the Compliments"

These activities allow the whole team to help solve the problems in the department and allows the each team member to compliment other team members and discover what their team values in them!

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TRENDS IN SENIOR LIVING DINING

- Seniordining.org

1. Indoor/outdoor agriculture
2. Robots
3. Enhanced room service
4. Staff Development
5. Flexible Schedules
6. Technology
7. Family Catering Experience

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Questions?

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563-340-5381

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