

Leamington Mennonite Home

POLICY AND PROCEDURE

CATEGORY: Dietary	SUBJECT: Menu Planning	SECTION: M
DATE: September 2004	Administrator: 	POLICY: 2
REVISION DATES:	Dietary Director: _____	

MENU PLANNING

POLICY:

Leamington Mennonite will produce and follow a four-week menu cycle that will meet all dietetic guidelines.

PROCEDURE:

- LMH shall develop a four-week menu in consultation with residents and will be approved by the dietitian.
- Menus shall reflect resident's preferences and shall include seasonally available foods. The menu shall provide a range of food products in a variety of ways.
- The resident will be provided each day with a variety of foods. The following will be included daily.

Grains	5 servings
Fruits/Veg. (and/or fruit juices)	5-125 ml servings
Milk and milk products	500 ml
Meat and alternatives	2 servings
Fluids	1500 ml
Fibre	20 grams

- The menus will meet dietetic practice guidelines and are reviewed by the dietitian.
- Menus including alternatives, on a weekly basis, will be posted in the dining area advance of the current week and will be dated.
- The menus will be communicated to all residents at the time of service.
- If there is a change to a meal it shall be marked on the production menu by the cook before preparation of the Meal.
- Alternative entrees, vegetables and desserts are to be provided, prepared, and served at the same time as the regular meal. These alternatives will be of comparable nutritional values.
- Residents with diet restrictions due to allergies or intolerances shall have a menu cycle based on the master menu.

- Therapeutic and texture-modified menus shall follow the master menu as close as possible.