

Worksheet for 5-day Cycle Menu Planning:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit/juice (1 ea) Hot Cereal (1) Entrees (2) Sides (3) Toast (1) Beverage (1)	*1.orange *2.grape juice 1. oat meal 2. Asst. Cold Cereal 1. Boiled Egg 2. waffle 1. fresh banana 2. whole grain 3.hot green tea 4. Asst. Toast C.T.M.	1.prune *2.grapefruit juice 1. Sweet Breakfast Quinoa 2. Asst. Cold Cereal 1. pancake 2. Scrambled Eggs 1. low fat milk *2. tangerine 3. chocolate croissant 4. Asst. Toast C.T.M.	**1.carrote juice 2.fresh apple 1. Polenta with Warm Berry Compote 2. Asst. Cold Cereal 1.boiled egg with bacon 2. ham and cheese omelet 1. soy milk 2. 1. blueberry muffin 2. included in boiled egg 3. toast with butter 4. Asst. Toast C.T.M.	1.prune juice *2. fresh grape fruit 1. Oatmeal-Rhubarb Porridge 2. Asst. Cold Cereal 1.biscitus 2. sausage with hash brown 1.milk shake 2. included in sausage 3.whole grain toast 4. Asst. Toast C.T.M.	1.apple juice **2. fresh cantaloupe melon 1. Hot Cereal With Quinoa, Oats And Flax 2. Asst. Cold Cereal 1.french toast 2. poached egg with ham 1.yougert 2. included in poached egg 3.coffee 4. Asst. Toast C.T.M.
Lunch: Soup/Salad (1 ea) Entrees (2) Vegetables (2) Starch (2) Desserts (2) Bread (1) Beverage (1)	1.cream of mushroom soup *2.lettuce tomato salad 1.grilled ham sandwich 2.citruce glazed tilapia 1. cooked carrots 2. cooked green beans 1. whole wheat bread 2.massd potato 1.rice pudding 2.brownie 1.Asst. Bread C.T.M. Low fat milk	1. wedding English soup ***2.spinach strawberry salad 1.backed salmon on greens 2. macaroni and cheese **1. Steamed kale 2. included in salmon entree 1. included in macaroni entree 2.steamed rice 1. ice cream 2.chockolote chip cookie 1.Asst. Bread C.T.M. Hot coco	**1.garden vegetable soup 2.tossed garden salad 1.oven fried chicken 2.burrito 1. sweet potato 2. steamed zucchini 1. brown rice 2.included in burrito 1. sherbet ***2.fruit salad 1.Asst. Bread C.T.M. Hot/ iced tea	1.split pea soup *2.cucamber tomato salad 1. oriental beef stir fry 2.grilled cheese sandwich 1. fresh tomato 2.cooked bell peppers 1.included in sandwich **2.baked sweet potato 1. tapioca pudding 2.fresh peach 1.Asst. Bread C.T.M. Milkshake	1.turkkey rice soup **2.carrot raisin salad *1.pork lion with steamed zucchini 2. shrimp pasta 1. include in pork 2.steamed broccoli 1. include in pasta **2. brown rice mixed with corn and green peas 1. vanilla pudding 2.cherries 1.Asst. Bread C.T.M. Tomato juice
Dinner: Soup/Salad (1 ea) Entrees (2) Vegetables (2) Starch (2) Desserts (2) Bread (1) Beverage (1)	*1.cream of tomato soup 2.ceasar salad 1.BBQ pork ribs **2.spinach lasagna 1. cooked corn 2.baked eggplant 1.include in lasagna **2.garlic mashed sweet potato 1. apple pie *2.fresh strawberries 1. Asst. Bread C.T.M.	1.french onion soup 2.potato salad 1.lemmon herb chicken 2.ravioli 1. cooked cauliflower 2.cooked carrots and cabbage **1.sweet potato wedges 2. Whole wheat tortillas 1. peach cobbler ***2.fresh fruit salad 1. Asst. Bread C.T.M.	1.seafood chowder 2. spring mix salad 1.turkey meatloaf 2. eggplant Rollatini 1. Cooked Brussels sprouts 2.cooked Butternut Squash 1.fried rice 2.mashed potato with garlic **1. carrot cake **2.canned fruit apricot 1. Asst. Bread C.T.M.	1.chicken orzo soup ***2.spinach salad with pear **1.pesto spinach pizza 2. steak 1. fried mushroom 2.cooked Collard Greens 1.brown rice pilaf **2.french fries sweet potato 1. cheese cake *2.lemmon mousse 1. Asst. Bread C.T.M.	1.egg drop soup 2. tuna salad 1.pork chopped *2.stuffed red bell pepper 1. cooked Swiss chard 2. Baked Acorn Squash 1. Rosh Hashanah Carrot and Raisin Basmati Rice 2.wild rice 1. fresh raspberry and blueberry 2.chocklate pudding 1. Asst. Bread C.T.M.

Works Cited

Erdos, J. (2012, 02 2). *Huffpost taste* . Retrieved from http://www.huffingtonpost.com/2012/02/01/hot-breakfast-cereal-recipes_n_1247882.html#s656158&title=Hot_Cereal_With

Luci Daniels. (2006, 08). *Example Menus*. Retrieved from <http://multimedia.food.gov.uk/multimedia/pdfs/carehomemenus.pdf>

1. Briefly describe your foodservice facility and its theme/philosophy (be creative!)

This facility is an assisted living. Retired elderly who live alone and would like to be around people in their age move here. They get their own studio or one bedroom apartment. They have many activities during the day. They can be socialized. They can come to this food service facility and there will be a menu folded on each table. They can read them or get help from an employee. They place their order. Theme can be changed week by week so it won't get boring for the resident. We are going to make sure that our residents will receive all the macronutrients and micronutrients they need.

2. Who is your target population?

Our target population is active elderly. They are all retired. They mostly had great stable jobs and made good money. Some of them may have chronic diseases such as CVD or diabetes, but mostly they are healthy. They are over 76 so we should make sure they will receive enough vitamin B12, C, D and A, potassium, calcium, omega 6 and omega 3.

3. What special needs does your population group have?

They might need wheelchairs, ramps to the facility, elevator. Some of them may not be able to read the menu so someone has to help them pick their food. The menu should be large font. And we should make sure that they get all the nutrients requirements from their diet.

4. Any financial limitations your facility has that affects menu choices?

This facility is not a community facility and they charge a good amount of money from people living there so there won't be any limitation and we buy organic foods from local markets and farmers market. But if it was a community facility there could be some financial limitations for buying organic products since they are more expensive than non organic. Seafood might be served not more than twice a week. We might end up buying less expensive meats and vegetables so the quality might not be as good as the more expensive ones.

5. Explain how these factors/parameters in questions 1 -4 affect your menu establishment with examples. For example: The Facility is a county facility (mostly MediCal/MediCare) and has limited resources for expenditures for meals. Thus, items were selected that use moist cooking methods such as steaming, brazing, and stewing because lower grades (inexpensive) cuts of meat can be utilized. This facility is not a community facility and they charge a good amount of money from people living there so there won't be any limitation and we buy organic foods from local markets and farmers market. For example we buy expensive parts of meat or organic vegetables. . But as it was said before if it was a community facility there could be some financial limitations for buying organic products since they are more expensive than non organic. Seafood might be served not more than twice a week. We might end up buying less expensive meats and vegetables so the quality might not be as good as the more expensive ones.

6. Menu Explanations and Assumptions:

- The purpose for providing explanations is to clarify or describe menu items and let the graders know how your decisions were made. It is intended to assist us in better understanding the menu. Explanations should be clear and easy to read. The types of items that need to be explained include things like:

- Recipe contents and preparation methods if menu items seem unclear; especially if you use unfamiliar or ethnic foods):

There is only one ethnic food on this menu which is burrito. It contains rice, beans, salsa chicken and lettuce.

- Use of convenience items (fresh vs. frozen vegetables, lasagna etc.):

I tried to write fresh fruits or canned fruits. Canned fruits usually contain added sugar or it can be fortified if stated on the label but fresh fruits contain good amount of vitamins and minerals that our body need.

- If menu includes ice cream, state how this will be sent to the patient so that it remains frozen while they eat their meal:

We can put the ice creams in an ice bath.

- Any other potential delivery concerns:

We use dishes with a lid so it keeps the food warm. We should make sure that all the foods are kept in a safe temperature before serving them. We might use a tray to carry the food.

- Use of soup as an entrée: N/A

- Use of repetitive items (such as rice at every meal if it's ethnically appropriate):

I have tried to use brown rice instead of brown rice as a source of starch. This menu has contains many different rice as a side dish. In Middle Eastern countries people usually eat rice twice a day for lunch and dinner and brown rice is a good source for fibers too.

7. Explain overall planning including appearance and presentation of plate/tray.:

The plate is not supposed to be too crowded and contains too much food. The tray is a rectangular shaped. The entree is in a plate with a lid on it to keep the warm food warm. All the dishes and silverwares should be same color and clean. Salads should be in a small bowl and the dressing in a small container next to it. The plate should be colorful using different kind of vegetables next to the entrée.

8. BRIEFLY state how your menu meets the nutritional needs of your patients:

This menu is designed to make sure our population will receive all the macronutrients and micronutrients their body needs. They are over 52 years so I made sure they will receive enough vitamin B12. The menu provides enough vitamin C, D and A, potassium, calcium, omega 6 and omega 3. They will receive enough protein and carbohydrates. One serving of fruit is offered everyday. One serving of Vegetables, soup, salad and proteins and starch is offered everyday. Fish is offered twice a week so they will receive adequate amount of omega 6 fatty acids.