Are you looking to control costs and manage improvements? Look to the subject matter experts!

What makes us different? The collaborative working relationship between operational experts and clinical experts that we have makes all the difference. The Innovations Services Team has over 100 years of professional dining services experience working with retirement communities, assisted living, and nursing and rehabilitation homes. Members of our Team are selected based on education, performance and experience in dining services. Wayne Toczek, CEO of the Team has a Bachelor's degree in Dietetics, is Consultant for the State of Indiana Heath Department, a certified ServSafe trainer, and a former district manager for a top-tier contractor prior to founding Innovations Services twelve years ago. He is the author of four books that are approved for CEUS, by NAB, DMA ADA and BS RN. He has written articles featured in DMA magazine over the past five years and has contributed to Food Management and Nursing Home Digest. His speaking engagements include companies such as Cynthia Chow and Associates, US Foodservice, Sysco, and the Pennsylvania, Ohio, Michigan, and Indiana Healthcare annual conventions. He has personally worked with some of the largest CCRC not-for-profit and for profit chains in the country as well as various other healthcare organizations. His Team consists of registered dietitians and operational consultants who have degrees in dietetics, institutional management and culinary services who have onsite experience as dining services directors, executive chefs, and regional directors in contract management companies.

Look to the experts for the solutions you need. Innovation Services programs and software allow you to:

- · keep it simple;
- · keep in compliance; and
- keep it improving.

What makes our software, manuals and training tools different? All of our tools are user designed and therefore user friendly. The software is flexible enough yet comprehensive enough to meet the needs of your operation. Our programs can export to Word and Excel to allow the user even greater flexibility. We understand the challenges of long term care, regulations and the constant pressure to do more with less. [See DM Magazine June 2011.] A brief description of our two software programs follows.

Resident Manager: Our software, consisting of two parts, is located in one networkable desktop program that allows for almost every possible scenario that may exist including open dining, room service, and enhanced dining services options. It begins as an electronic kardex that then helps you manage snacks, alert staff to allergies, manage distribution of food and includes a comprehensive weight management option.

Resident Menu Manager: Our web-based software begins with your menu and saves time and money by producing production sheets, grocery lists, pre-prep reports, food value tracking, selection sheets and even menus printed with nutritional information. The system can be monitored by your management or clinical team by viewing the usage log. The dashboard allows users to make correct substitutions and adequate food value exchanges. The menu program will learn based on information input, in other words, once a user answers or provides information, the program remembers it and requires less and less data entry as the program continues to be used. By letting the program know if an item is a one day ahead prep, a two day freezer pull, or even specific garnish instructions, it will use this information in the creation of a user friendly production sheet, or a prep pull sheet. The grocery list will even alert you to order the food item early to allow for correct timing of prep or thawing. The program includes a scalable recipe database that can be used as is but also allows users to enter their own recipes.

Our materials are used from Pennsylvania to California ...Why?...Because we get it. Time is a commodity and ease of use is a must. If it takes three days' training or constant support, then the material or software is simply too hard to use. The biggest challenge you will find is how you can improve your community with the program or what improvements you can make in customer or resident service with the extra time you now will have! [Look for Article on Technology by Wayne Toczek in the Feb. 2012 issue of DMA magazine.] To learn more, visit our website at www.Innovaservices.info

Introducing the Menu Manager Program

Innovations Services' web based menu program offers the best of all programs in one customizable program. As we understand that programs often have limitation and certain features unique to various users, our Program is applicable to all segments in the dining services industry. The Program can be used for nursing care, assisted living, independent living hospital service, enhanced room service, group homes, café service and restaurant service.

Simplicity and versatility is the key to this Program with five (5) simple sets to get up and running.

- 1. Set up your criteria in the "customize your community" section.
- 2. Import your recipes, ingredients and nutritional information from the electronic cookbook program MasterCook and easily add new recipes. This is a critical part of the Program as it will allow a grocery list of food items to order and correct nutritional information. The Program also has the option to directly enter information [ingredients and nutritional information] into the Program in the food item section.
- 3. Once your food item file is created set, up your menus. Menus can be any length [1 day to 100 if desired and] and even up to four meals a day such as brunch or continental breakfast in addition to tradition meal patterns. You can also designate traits of the food item, diet appropriateness or modification [if needed]. For example, a garnish, food groups [bread, vegetable, vitamin C source, etc...], advance prep or even if it should be pulled from the freezer in advance. These traits are displayed on reports in the reports section and can help automate instructions and ensure consistency.
- 4. Once you set up criteria for menus to be entered, then decide on a start date and create a menu period. These menus will cycle through continually in an endless loop until you set a new menu period. The Program allows for special menus to be used by designating a date and meal for the menu to be use. The special menu will override the current menu on that day but resume the regular rotation or cycle one the date has passed. If you decide to use the menu again just edit the date and year if needed.
- 5. Next, go to the daily menu and begin entering the menu by selecting the menu items from your food item file. Once your menu is complete it becomes all about the type of reports you want to use.

The reports are so versatile that options include direct printing from Excel to Word or simply directly from the internet browser.

Report descriptions and samples are enclosed in this book as samples.

FEBRUARY 2012

Nutrition & E 0 9 PEROARY 2012 Foodservice E 0 9 PEROARY 2012

IDEAS AND RESOURCES FOR PROFESSIONALS

Building
Bonds

With Residents

Batch Cooking Safety Steps

Corrective Action
Done Correctly

Technology Tips Making Smart Choices

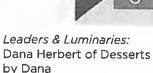


Meet tri Cake Boss's Next Great Baker



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by Deborah Potts, CDM, CFPP

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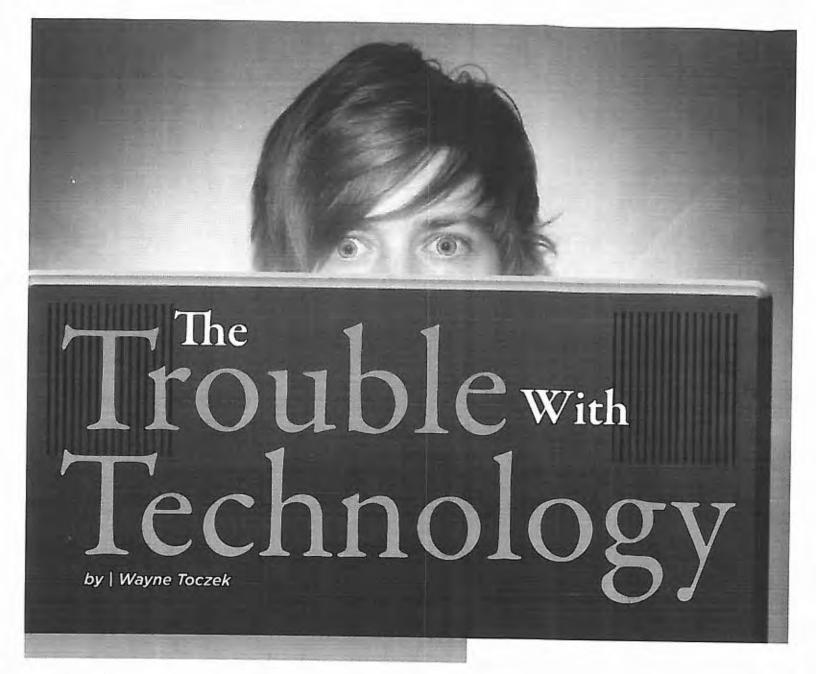
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Association of Nutrition & Foodservice Professionals



Technology is a funny thing. It can make your life easier, but it can present challenges of its own

when not chosen or used wisely.

ANYONE WHO USES MICROSOFT OFFICE EXCEL can perhaps identify. Think of this scenario which you have likely run into at some time: An untrained user takes a pile of papers, invoices, or receipts to enter into an Excel spreadsheet, but rather than use the functions afforded by the program to keep track of totals, the user is tapping away at a calculator or adding machine to make additions and calculations of the items being entered into Excel. When the user runs into an error, he can't research the error on the calculator without starting over, or has to look over the adding machine tape to find the discrepancy. What's wrong with this picture? Excel has the capability to do the addition and make multiple calculations while keeping track of the items being entered. Additionally,

the user can readily see any discrepancies and edit them quickly, saving time and energy. Incredibly, this technology is right there in front of the user but is not utilized; and that is just a hint of what

that program can do for users.

Did the user overbuy the technology or just fail to use it properly to reap the benefits? In many situations when people buy things for the technology offered, they are easily sold on the potential of the technology, but then fail to take the time or initiative to learn how to use it to their benefit. Or worse, people light up at the technology offered by the product, but never end up using it because they just don't need it, and therefore overbought.

When I started my business I purchased QuickBooks, and it was not cheap. So I maximize the features it offers, such as an electronic checkbook and electronic invoicing, and that makes

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the software cost easier to swallow. I've noticed other businesses, however, that still use handwritten checkbooks and mail invoices rather than sending them electronically, despite having QuickBooks on their computers. This example is not meant to offend anyone, but it illustrates the point that people often don't understand how to use the technology they've invested in and have available to them at their fingertips, simply because they don't take the time to learn how to apply it to their tasks.

The old saying from the book Who Moved My Cheese? comes to mind: "Change or become extinct." Technology waits for no one, and just as the fax is being replaced by the scanner and e-mail (which is good because home and office phone land lines are being replaced by cell phones), technology can save time,

Technology can save time, reduce paper, and organize your operation to make it more effective and efficient.



reduce paper, and organize your operation to make it more effective and efficient.

Printed cookbooks are now being replaced by electronic cookbooks. Think of what this technology has to offer chefs. It would be senseless to just print a recipe without first scaling it to the needed portion size and amount. All recipe programs have this feature, and one scaled recipe that reduces waste or over production will not only pay for the program, but also save more money over time.

Take note that some features offered by new technologies may seem like a great commodity, but are of no value if not useful to the operation, or needs of a business. Here are some examples I imagine we have experienced in our lives...When buying a new oven for your home, do you buy one with convection "heat" and pay extra for that feature, or do you simply get a standard convection oven? For your catering or special meals business, do you purchase a traditional butane burner, or do you get the newer technology—the induction burner? What is trendier and what is more practical? What are the limitations of each? Perhaps a particular plug must be used with one of them. Maybe the other poses a fire hazard.

I recently had a meeting with a colleague and we marveled at how technology has come full circle in the foodservice industry. We compared simple plastic tray cards listing likes, dislikes, and other pertinent information, to complex tray cards listing more than you would ever need or could ever read, back to a simple need for data and logical sorts. Culture has changed and technology is adapting.

Knowledge is powerful, and knowing what features technology has to offer which will be beneficial versus what will be of no benefit can be invaluable. I find it interesting to ask an equipment salesperson if they have used the equipment in an actual operation, and if so, were the features they are highlighting beneficial, or is the salesperson simply quoting the equipment's user manual and selling the nice-to-have features. For example, having a digital electronic panel versus a dial on a piece of equipment. What is more productive, and more important, what will be used? Ask questions. A friend was telling me about his equipment and a feature called thermostatic cooking. I asked what it was and how it was important to the user. He explained in simple terms how the equipment is used in an everyday scenario and therefore how it was important to the user, and I found it to be a differentiating factor or technology with its competition.

Sometimes, once something is bought and actually used, the features sold or presented do not work out the way they were perceived to. Then the user tries desperately to get assistance from a "help desk," but the person working there has never

operated the equipment in an actual operation and cannot relate to what the user is trying to do. The communication gap is frustrating. The help desk is talking in technical terms and the user is then confused and asking, "What is that?" rather than getting answers that can be readily understood. Sometimes you hear "A click of the button" and reports come out, but they are not what you thought they would be. Now the expensive program that was meant to allow you more time to engage in the operation becomes nothing more than another nuisance to deal with, and you begin to use only limited features and circumvent half the features that were the reason you originally bought the program.

This often happens with vendors. They have great order programs that, unfortunately, are designed more for the warehouse than the user. Often, rather than creating an order guide, the manager uses an order history that may be loaded with things such as one-time buy items to five different types of something, say for example, tomato sauce. The program is not set up by week or based on the menu. The manager then ends up doing that on a tablet and spends more time cherry-picking items and often deal items that are sometimes marked or have a flag to alert the user if the item is missed. The process is further complicated by limited rhyme or reason to the order. Items are not organized as they should be by sheet to shelf; they are just randomly somewhere on the sheet, and in too many instances, the user ends up calling the sales rep for help finding an item. The whole order process becomes too complex, and not understanding features has created unnecessary work and stress.

Is it not worth learning how the system thinks and what it can and can't do before recreating the wheel? A good example is taking inventory. Many great managers spend hours on Excel creating formulas and entering food items to cost out. Some software has that function, but if not, why not create a fake order based on what you have and let the vendor software cost it out? The manager thinks, "Well, every item is not on the order." So what? Learn to be consistent on what you inventory and how. If you count a roast that has been cooked off one day prior, but it's reduced in size, count it as it was before cooked. Say it was used that day and half is left over; maybe you don't count it then. The important thing is to be consistent on what you count and when it counts. Open spice jars do not count, but on the shelf they do, and so on.

EVALUATING A FOOD VENDOR'S SOFTWARE

So how do you evaluate a food vendor's software to make sure it's productive for you and will make your job easier? Think about these questions, make sure you know how to use the software, and ensure your vendor takes the time to train you.

Some features offered by technologies may seem like a great commodity, but are of no value if not useful to the operation.

- Do they speak your language (layman's terms) or expect you to learn their technical language?
- How does this save you time and make your life easier?
- Is it simple to use?
- Can you be trained and then do you understand the functions and are they easy to perform?
- Does it make sense, like ordering from eBay or an online store or getting on Facebook?
- Does it have a save function in case you accidently get booted out? Nothing is more frustrating than creating an order and then losing it all.
- Can you export to Excel if needed, or vice versa, to make customizing and e-mailing easier?
- Can you create your own customized order guides, not order history, but actual named order guides?
- Can they be easily sequenced to meet your needs and your storage areas?
- Can you search by name, cost (price range), and size? In other words, can you filter your search so you find what you want, not what the vendor wants you to see?
- Can you recall an item you may have ordered in the past?
- Can it provide instant electronic copies of invoices that can be forwarded to accounting once approved or researched if lost? Why not? Have you asked?
- Are you given advance warning on substitutes and options? Can you make the decision on the substitute item, since it's in electronic format? And in real time, will you be notified in advance or surprised on delivery?
- Thinking ahead, can you track your order, much like UPS or ordering from Dominos?
- Can you see the credit appear online in a day or so? Snail mail takes too long and requires too much energy.

EDUCATE YOURSELF AND YOUR BOSS

When you are told that the vendor has a menu at a hard-tobelieve cost, do not automatically believe it. There are too many variables, i.e., what about the other items, such as milk

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66 If you understand what you are buying and the capabilities of the program or equipment, your investment will pay off in multitude. and you will see benefits follow.

and dairy? Where do they fall in the mix and what about other factors that affect food cost-over production, environmental or economical effect, yield, case size, etc. Educate and explain to your boss how in a perfect world that cost might still be impossible. Even more, what do the products on the menu taste like? Can your clients relate to the menu? What effect does every change in the menu have? In the end, question, and investigate claims. Remember, perception is your superior's reality at times.

THINK ABOUT TRAINING AND SUPPORT

Find out if a program and its features are intuitive, whether it takes days of intense training, and whether you can purchase various support plans. A good program thinks like the operator, not like a programmer. Being intuitive is key. The program should make sense to even the novice, if possible.

Are you locked in the program and not able to get out without starting over? Nothing is ever really free or without strings atrached. The offering of a program is much like a free dispenser, however maybe only that company's product will fit with the program. Yes, particular options may work with the program, but only if you buy the brand offered by the program's company. It may be that the program's expectations or restrictions are being sold as a benefit. The startup time in using a new system with only its products will be a waste of time and resources if you change your mind soon after purchasing the program due to its restrictions on expectations not known to you at the time of purchase.

I'm also skeptical of software changes requested by users that require approval from the software company when it's basic and simply makes sense to upgrade the software to be more userfriendly. I, as well as you, assuredly find it frustrating when the user is not empowered to make adjustments after business hours or until the next business day. This often shows a clear lack of understanding of users' needs. Imagine telling your customer, "We will get you that cup of coffee by the next business day or so, during business hours." In today's world, with all the technol-

ogy available, that should never happen, but does the product you're buying understand that it shouldn't happen-that you should be able to operate outside standard "business hours?"

BEWARE OF BELLS AND WHISTLES

Sometimes when it sounds too good, it may be. Alternatively, maybe the amount of time spent setting up and maintaining some new technology warrants the result and the cost or a feature that can help produce a superior item if the feature is used correctly. Just make sure you know what you are getting and what it can and can't do. I don't like hearing sales reps say that at the click of a button you will have a complete order, or program this in and you will have the perfect roast by using number 4 on the key pad. Consider if the price is actually worth the extra features or technology. How will it pay for itself or offer improvement to you, the user?

DON'T DISMISS THE HUMAN ELEMENT

Perpetual inventories are for department stores and grocery stores. Not understanding that will only result in disappointment to any other user. Programmed cooking times must consider various factors; the human element comes into play in this situation. Shame on the buyer who does not ask questions first. Don't get me wrong-some technology is just as simple as your microwave's popcorn button, but even in that example, human interaction cannot be dismissed. Sometimes you need to open the microwave door to stop the cooking prior to the programmed running time.

So this new program you are learning about can cook the perfect roast or can generate an order list for the menu. Remember, however, that the actual list of items in the amounts needed are only as good as the updated counts. Last-minute usage based on late changes, condiments, recipes and current inventory, not to mention leftovers, and the tracking of over and under production all need to be taken into account. All require the human element to kick in and assess these factors. What if you work in a CCRC and maybe do not or will not use the system for all aspects, then what? You buy a different system for each aspect? Or can there be integration? If not now, then in the future? Will anyone in the software company listen and validate your concerns or needs? More importantly, will they even understand your concerns and needs?

SOME STANDARDS DO NOT CHANGE

No system will ever completely take the place of the human elements such as forecasting, historical trends, the weather, payday for your retail area, and other variables that can never be input as a definite into a computer. The computer is only as good as the information put into it; it is unaware of last-minute changes

and additions. Use the information as a reference, but be leery that complete blind faith is disastrous. Hence, a simple click of the button can never do it all. New technology that heats a pellet in 30 seconds will not save time or space, and even more important, reach the correct temperature if the pellet is not on the charger for 30 seconds. Buyers beware, ask questions, see it in action, and get references from actual users—not the sales and marketing team. Think about where you are left as technology changes, whether you can upgrade like an Apple iPad at Best Buy, or whether you will be stuck waiting another 20 years for the equipment or program to depreciate. Make all of this a part of the thought process and actual discussions.

WHAT YOU SHOULD UNDERSTAND

Always understand the assumptions of a program or piece of equipment. Spell Check is a great example and now even auto-

rectly to the user's needs. So keep this in mind—invest the time to set up the software or equipment to your specifications from the beginning. If you understand what you are buying and the capabilities of the program or equipment, your investment will pay off in multitude, and you will see benefits follow.

HAVE REALISTIC EXPECTATIONS

Expect the technology to make your job easier, solve a problem, and reduce mindless tasks. Expect the technology to keep you more organized or allow you to make better decisions and give you more time in front of the customer. Expect and ensure that the time invested in a new program will warrant a return. If you have to add hours or dedicate more time to get results beyond the startup, is the end result worth that extra time and dedication? Will it even be used or seen as a value to you?

The computer is only as good as the information put into

it; it is unaware of last-minute changes and additions. Use the information as a reference, but be leery that complete blind faith is disastrous.



check and fill-in programs all have one thing in common: they don't know exactly what you are saying. They give you variables based on what you have input, and ultimately you pick the correct variable. I'm a notoriously bad speller and rely on a human editor, simply because even Spell Check does not cover all the bases. They're, there, their—which is it? A program will not know which is the correct variable. Understanding how the program thinks can save you time and trouble later, so don't hesitate to ask questions of the sales reps. Are they a user from the past? Have they worked a day in your shoes to understand what's important to you? If they have not, ask to talk with a current user or, better yet, visit one.

KNOW HOW TO MAXIMIZE

Remember the old saying, "If you don't take the time to do it right the first time, when are you going to have the time to fix it?" Rest assured, you will not have time to fix things later. Rather, people will often continue to jump through hoops and take unnecessary steps to get something where it needs to be, instead of taking the time to fix something so it operates cor-

For example, do you have a steam jacket kettle and your cooks still use boilers to cook soup because the production staff does not want to clean the equipment?

If you believe, they will believe. Get your staff involved in demonstrations and let them ask questions or pose arguments if needed. Actual user input is invaluable. Remember the story of the truck stuck under a bridge and all the engineers trying to figure out a solution? Raise the bridge, cut the truck, or pull it out...and finally the little boy who said, "Can't you just let the air out of the tires?" In the end, the technology you are purchasing is being used by your staff as well, so staff involvement counts.

MAXIMIZE RETURN ON INVESTMENT

Inevitably, you must calculate whether there is a payback on your investment. I recently spoke with an owner of a self-storage company who had mailed an invoice to me. For starters, he had my name wrong on the invoice; but then when I paid the invoice, he was confused as to why I was paying him

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because the check was generated from my company account. Consequently he called to ask what I was paying him for, I inquired why he could not have cross-referenced the address on my check with the addresses to which he sends invoices. He replied, "I have 500 units." I asked why he couldn't look at them electronically. He simply said, "No, that is not how we do it." I wondered then and asked him, "You mail out 500 invoices every month?" Think about that. At 44 cents per stamp, 500 invoices mailed out 12 times a year, the cost of stamps and envelopes alone is at least \$2,700. If this business owner would use the technology of Quick Books or any other accounting program, he could e-mail a majority of the invoices rather than mail them. Even if only a quarter or half of the customers had e-mail access, he would save money, not to mention his valuable time. His comment, however, was, "We have a system already; it prints labels and we can't look at anything else." Clearly, the idea of learning to use technology to his advantage was beyond his thinking. He spent valuable time and money printing invoices, stuffing them in envelopes, licking envelopes, and buying and sticking postage stamps on the envelopes. Yes, his system works, but his failure to embrace or even research time- and money-saving possibilities is just inconceivable. So, when you are presented with technology, look beyond now.

Food Protection Connection



Following are answers to the "Food Safety When Batch Cooking" review questions printed on page 16

1. B 3. C 5. A 7. B

2. A 4. B 6. C

Please remember to complete the two short essay questions before submitting the CE form.



Ask:

- · Will it save me time? If so, can I re-invest that time to improve my business or operation?
- Is there an investment payback?
- Will it grow with the business needs?
- Will it help solve a problem that is important to my operation?
- · Will I be able to, and will I, use it correctly and will my staff?
- Can I make a task easier and therefore save on labor?
- Can it compensate for human error?
- Can it make an average result a better and improved result?
- How long will it take me to begin using it correctly so that it is advantageous to me?
- Does the person explaining it comprehend a day in your shoes, actually using it?
- Is there a case study and users I can talk with?
- How much support will be provided to me?
- Anything else you see as important.

In many ways you are already using technology to your advantage-perhaps you pay bills online, saving you the cost of stamps and, more important, maybe even avoiding late fees. Paper reduction and cashless transactions are the way of the future. Some standards are already set, such as electronic statements. Even department stores now offer online receipts and some provide a lookup of your account by the credit card you used. Technology is moving forward with or without you, and failure to utilize it properly can eat up the one thing that we only get so much of-time. Whether it's digging through mounds of paper, or tallying items by hand, most technological advancements can be learned in little time.

SUMMING IT UP

Embrace the future and the many forms of technology available, but do your homework and know exactly what responsibilities and obligations you will bear to get the most out of your investment. Understand the difference between "must have" features and "nice to have" features, and whether you can get what you need from it or if it's too much or too difficult to learn. Knowledge is power. Educate yourself and understand what your [I mean "you're"-that darn Spell Check] getting and not getting with the technology out there.

Wayne Toczek is CEO of Innovations Services, Norwalk, OH. He's author of The Dining Experience and The Customer Experience, and co-author of Food Service Tune Up and Safe Dining for the Highly Susceptible Customer. Contact him at (419) 663-9300 or visit www. innovaservices.info



Home

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Menu Manager

*Master Site









Administration ▶ Customize your community | Menu Calendar Food Items

Menu

١ Diet Exceptions Reports

Menu Writing and Creating Extensions Sheets

The menu is one of the driving forces behind any food service program. The creation of menus can be accomplished in several different ways. Vendors create menus with either software provided program or with the menu department within the organization. Consultant dletitians can create menus, or they can be created in-house using Word or Excel. All of these are adequate to manage the menu, however each one has limitations

The limitations include automation, adjustments, flexibility, turn-around time, current data-entry time, data entry restrictions, saving capabilities, approval of diets, production sheets, recipes, integrating guest counts, food exchange tracking, and compatibility with other programs to enhance the presentation of the menu,

These limitations can affect the user-finendliness, the time it takes to produce results, and the expectations of the results. Many programs produce menus that are not easily editable and the time it takes to edit can become a burden. Some programs will not store holiday and monotony breaker menus. The time it takes to create a menu and extension sheets is only the beginning. From there, recipes, production sheets, order guides, selection sheets and menus for posting will add to the time burden.

These factors have been the driving force behind the creation of the Resident Menu Manager program. This innovative, web-based program has all the things a during service director would want a program to do and MORE! Professionals who are operators in the field, and who understand what it takes to run a productive, cost-effective, quality dining service operation designed the program. We know that your time is limited and that useful information is needed quickly. We have addressed this need by developing a system that enables you to easily make changes to the menu daily or weekly in response to customer comments and requests. Additionally, as changes are made they are carried through to food ordering and other production tools such as:

- Production sheets (including freezer pulls, pre-prep, garnish, updated diet/production counts based on census
- · Grocery lists of menu items and ingredients needed based on the recipe

The program will not generate a grocery list that will tell the user exactly what to order. It will alert the user to all ingredients needed. Condiments and garnish are included in this by simply adding them to the database. We believe, as an industry standard, that it is the manager or designee's responsibility to engage in the correct ordering procedure by taking a physical inventory of all products on hand

Other functions available include:

- Set up ordering of par level items
- Actual counting of physical inventory against the upcoming menu
- Adjustment of order based on needs, leftovers, and reape adjustments
- Controlled access to reports to prevent altering of menus

Get useful information such as:

- Week at a glance menus that are exportable to Word and Excel, complete with dates in a "non" institutional format. Therefore, it is easy to customize the menus, i.e. add borders, graphics and make font enhancements. It also allows for the menus to be in a format that can be e-mailed. Because the program is driven by dates, information is always current and reflective of changes and with it being web-based; the user can access it from anywhere. Date, item and user in a date range report. If needed track changes
- Extension sheets that are easy for staff to view and refer to when serving food items. Extended diets not being used can be inactive while not being used. This will give the user less to filter through while serving the meal or checking on a diet.
- Menus that are presentable and do not require retyping, that can be easily e-mailed or accessed.

 Editing menus is easy as the program remembers permission for diets; extending is automatic unless prompted by the program.
- The audit function also helps to ensure food items are not skipped over and allows the user to easily edit information
- Production sheets are complete by meal and exportable to Excel. These sheets contain all critical production information such as: Menu items, substitutes and modifications [with diets specified]
- Production counts and tallies totaled and by location
- Gamish is specified if appropriate
- 2 day ahead freezer pull
- 1 day in advance pre-preparation list

Special meals and events are added in the program and triggered by the date, which can be edited as needed to any date or year. For example, if you develop a nice Labor Day picnic style menu, you can run it endlessly by simply editing the date in the menu calendar.

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Menu Manager

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COOK BOOK

Home Customize your community

Administration • Customize your community Menu Calendar

Food Items

Menu

▶ Diet Exceptions

Reports

Customize your Community

Meal names

1. Breakfast

Save

Add Location

2. Lunch

Dinner

Note Meal names appear on all reports these fields are left open for communities that wish to colf meals by different names such as "Supper". The Fourth section is for communities that may offer an additional meal or even Breakfast Buffet Breakfast Linch and Danier Keep in mind the order in which meals appear are dictated by the numbers in the baxes.

Diet and Meal categories

		•	
Diet Name Finger Foods	Description	Census Count	C√⊌⇒×
LCS	Diabetic		CVH 2×
Low Fat/Low Chol			C ✓ Hd →×
Mech			C√H→×
NAS			CVM2×
Puree	Puree		CVM /×
Regular		75	C V M 3 ×
Renal			C√H /×
Renal /LCS	Renal and Low con sweets		O Led 21 ×
Add Diet			
Merge	Finger Foods T Into	Finger Foods	:•]

Dining Locations

Use Dining Locations

Location Name	Census By Diets				
Dining Room	Dlet Name Finger Foods LCS Low Fat/Low Chol Mech NAS Puree Regular Renal	Census Count 10 0 0 5 0 0 7 0			
Room Service	Diet Name Finger Foods LCS Low Fat/Low Chol Mech NAS Puree Regular Renal	Census Count 2 8 0 10 0 12 30 0 0			

Food Groups and Carbohydrates

	roug Groups and Carpony	arates	
Name	Description	Dally Value	
Breads and Grains	servings	6	×
Carbohydrates	15g per serving	11	×
Fruits and Vegetables	servings	5	×
Meat and Proteins	ounces	6	X
Milk and Dairy	servings	2	×
Vitamin A source	every other day	0 5	w X
Vitamin C source	servings	1	3 ×

Add



Nutritional Info

Name	
Calories	√×
Fat	Jx
Protein	√×
Carbohydrale	V×
Dielary Fiber	V×
Cholesterol	J×
Sodium	J/x
Irace Fat	V×
trace Protein	√×
trace Carbohydrale	V×
trace Dietary Fiber	V×
trace Cholesterol	√×
trace Sodium	√×



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Home Menu Calendar

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Food Items

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Menu

Remove

Note The menu calendar signifies the beginning of the Menu. Seasor, within the menu calendar.

Diet Exceptions

Reports

Spana (04/29)	[-]		اجاد						
Opining (0-1/20)	7						.ait		,
	×	≤						2	
	-	Sun	Mon	Tue	Wed	Thu	Fri	Sat	ı
	×					1	2	3	
	~	4	5	6	7	В	9	10	
	~	11	12	13	14	15	16	17	
	×	18	19	20	21	22	23	24	ı
		25	26	27	28				
	Spring (04/29)	×	x ≤ Sun x 4 11 18	≤ N Sun Mon	 ✓ Noven Sun Mon Tue ✓ 4 5 6 ✓ 11 12 13 ✓ 18 19 20 	 X Sun Mon Tue Wed X 4 5 6 7 11 12 13 14 X 18 19 20 21 	≤ November 2012 Sun Mon Tue Wed Thu 1 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22	Sun Mon Tue Wed Thu Fri	Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

CHADA × Menu Cycle: 2 (7)

Save As Add to Menu Period Export Cycle

▼ Create new Sycle Edit Remove

		Special Menus	
	Menu	Week day	
Valentine Menu (02/14)	Sunday	+ 1 ×
Easter (04/24)		Any	1 1 ×
July 4th (07/04)		Апу	* ** ×
Thanksgiving (11/24)		Any	* * ×
picnic CHIX (08/06)		Any	+ A ×
Add	Import Menu		

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Menu>>Daily Menu

Administration • Customize your community Menu Calendar

Food Items

•

Menu Diet Exceptions

Reports

										Daily Menu
Cycle:	30	~	≤		Nove	mber	2012		>	For tim (09/16)
Day: <	2	∑ ▶	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Silver 10 (7)
	Flip Meals		4	5	<u>6</u>	7	1 <u>B</u>	<u>2</u> <u>9</u>	3 10	30 (7) Silver 10 -7) 30 (7)
Change	Breakfast	₹	11 18	12 19	13 20	14 21	<u>15</u> 22	<u>16</u> 23	17 24	30 (7)
With	Breakfast	•	25	26	27	28	29	30		
Period:	Spring (04/29)									
Cycle.	Silver 8	-								
Day:	All			W	lthoul	l Appr	ovali	_		Add Food (lem

Food G	roups tracking	
	Required	Total For Day
Breads and Grains	6	4
Carbohydrates	11	125
Fruits and Vegetables	5	5
Meal and Proteins	6	9
Milk and Dairy	2	3.5
Vilamin A source	0.5	0
Vilamin C source	1	1

Breakfast		Lunch	Dinner				
4 Layer Salad ▼aller	nale	4 Layer Salad	ale 🖺	4 Layer Salad	altemate		
Portion size: 4 Oz	Add	Portion size: 4 Oz	Add	Portion size: 4 Oz	▼ Add		
Juice of Choice (4 Oz)	×	Cream of Asparagus Soup (6 Oz)	×	Oven Baked Fish (3 Oz)	30		
Cold Cereal or Hot Cereal (1 Cup)	×	Crackers (1 Each)	×	Seasoned Rice (4 Oz)	×		
Scrambled Eggs (2 Oz)	×	Chicken Salad Sandwich (1 Oz)	×	Mandarin Colesiaw (4 Oz)	×		
Apple Sausage Bake (1 Slice)	ж	Lettuce/Tomato/Onion (1 Each)	×	Fruit Medley (0.5 Cup)	×		
		Raspberry Poke Cake (1 Each)	×				

Note. The order of manu items can be rearranged once entered, simply drag to desired space. Ramember. Alternate items will be punited in itaks, select the check box to enable function to itaks the food item [You can further formal in Excel if needed].

Friday 11/09/2012	
Breakfast (Cosy)	
Assorted juice (4 Oz)	
Cold Cereal or Hot Cereal (6	
Cup)	
Scrambled Eggs (2 Oz)	
French Toast (1 Each)	
Syrup (1 Oz)	
Lunch (Copy)	
Hearty Vegetable Beef Soup (6	
Oz)	E
Frash Fruit Plate (6 Oz)	
Cottage Cheese (4 Oz)	
Oatmeal Cookies (2 Each)	

Dinner (Cogy)
Meatloaf, Home Style (4 Oz)
Beef Gravy (2 Oz)
Mashed Potaloes (4 Oz)
Broccoff (4 Oz)
Peach Cobbler (4 Oz)

Dinner (Cuay)
Tossed Salad (4 Cup)
Assorted Dressing (1 Oz)
Johnny Marzetz (8 Oz)
Com Bread (1 Slice)
Mandary Oranges (4 Oz)

Saturday 11/10/2012 Breakfast (Copy)
Assorted juice (4 Oz) Cold Cereal or Hot Cereal (6 Cup)
Chease Omelet (3 Each)
Bacon (2 Slice)
Tosst (1 Slice)
Jelly (1 Each)

Lunch (Copy)
Roast Beef (3 Oz)
Mushed Potaloes (4 Oz)
Baby Carrots (0 5 Cup)
Parmesan Biscuil (1 Each)
Fruit of the Forest Pie (1 Slice) Lunch (Copy)
Baked Cod (4 Oz)
Baked Sweet Potato (0 5 Each)
Key West Vegetables (4 Oz) Oreo Delight (4 Oz)

Dinner (Ccpy)
Pork BBQ on a Bun (4 Oz)
Cucumber Slices (0 5 Cup)
Garden Vegetable Dip (2 Oz)
Polato Chips (1 Cup)

Orange Wedge (2 Each)

Sunday 11/11/2012

Breakfast (Copy)

Juice of Choice (4 Oz) Juice of Choice (4 Oz)
Cold Cereal or Hot Cereal (1
Cup)
French Toast (1 Each)
Syrup (1 Oz)
Bacon (2 Slice)

Monday 11/12/2012 Brackfast Juice of Choics (4 Oz)
Cold Careal or Hot Cereal (1
Cup)

Cup)
Scrambled Eggs (2 Oz)
Apple Sausage Bake (1 Slice)

Lunch Cream of Asparagus Soup (6 C7) Crackers (1 Each) Chicken Salad Sandwich (1 Oz) Lettuce/Tomato/Orion (1 Each) Respberry Poke Cake (1 Each)

Oven Baked Fish (3 Oz) Seasoned Rics (4 Oz) Mandarin Colestaw (4 Oz) Fruit Medley (0 5 Cup)

Tuesday 11/13/2012 Breakfast (Copy)
Juice of Choice (4 Oz)
Cold Cereal or Hot Cereal (1

Cup)
Sausage Gravy over a Biscuit
(4 Oz)
Banaris (1 Each)

Lunch (Copy)
Pork Scallopini (4 Oz)
Egg Noodlea (4 Oz)
Tossed Salad (4 Cup)
Assorted Dressing (1 Oz)
Dunner Rolls (1 Each) Percappio Chunka (4 Oz)

Lunch (Copy)
Potato Crunch Fish Filet (3 Oz)
Boiled Parsied Potatoes (4 Oz)
Green Beans (4 Oz) Dinner Rolls (1 Each) Plums (0.5 Cup)

Coleslaw (0 5 Cup) Vanilla Pudding (4 Oz)

Wednesday 11/14/2012

Breakfast (Copy)
Juice of Choice (4 Oz)

Cold Cereal or Hot Cereal (1

Cup)
Scrambled Eggs (2 Oz)
Bacon (2 Slice)

Blueberry Muffin (1 Each)

Dinner (Conv)

Meal Loaf (3 Oz)

Oven Browned Polatoes (4 Oz)

Buttered Corn (4 Oz)

Dinner Rolls (1 Each) Dinner (Copy)
Sluffed Cabbage with Tomato Italian Vegetable Bean Soup (6 Sauce (1 Each)
Mashed Potatoes (4 Oz) Crackers (1 Each) Sauce (1 Each)

Mashed Potatoes (4 Oz)

Cottage Cheese (4 Oz)

Dinner Rolls (1 Each)

Strawberry Ice Cream (1 Each)

Lettuce/Tornals/Denon (1 Each) Peaches (4 Oz)

Thursday 11/15/2012

Breakfast (Copy)
Juice of Choice (4 Oz)
Cold Cereal or Hot Cereal (1

Cup) Hard-Cooked Eggs (1 Each) Breakfast Sausage (2 Oz) English Muttle (1 Each)

Lunch (<u>Copy</u>) Spinach Lasagna Rolls (1 Each) Broccoh (4 Oz)
Broadstock (1 Each)
Parmesan Choose (1 Each)
Postachio Delight (4 Oz)



Home

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4 Layer Salad

Chef's Salad (6 Oz)

Menu Manager

*Master Site

Menu



▶ Diet Exceptions





Reports

MASTER COOK

Menu>>Alternate Menu

Alternate Menu

Food Items

Note click to buttone with digits to add or remove appropriate alternates from food groups adequacy (F) or selection (S) report

Portion size: 4 Oz

=

Administration • Customize your community Menu Calendar

Meals to include Meals to enclude in Selection in food groups report report Grilled Cheese Sandwiches (1 Each) 🛶 🔄 🛶 Hamburger (3 Oz) Chicken Salad (3 Oz) Peanut Butter Sandwich (1 Each) Ham Sandwich (1 Each)

Add

Altemate Periods:

Alternate Period. Add Period

Alternate Cycles:

1 Alternate Cycle Add Cycle

Cycle Alternates:

Alternate: Grilled Cheese -Add to Cycle



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Sugar packel (1 Each)

Menu Manager

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Home Menu>>Condiments/Beverages

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Food Items

Menu

▶ Diet Exceptions

Reports

4 Layer Salad Portion size: 4 Oz	_	Add	diments/Beverag buttons with digits to ac propriate alternates from idequacy (F) or selection	ild 71	
		Meals to n in food gi repo	гоира	Meals to include in Selection report	
Milk (8 Oz)		计量量	<u> </u>	7251	×
Salt (1 Each)		با پِيَّة جِمَّا	5 –	نج کے تے لیے	×
Creamer (1 Each)			<u>1 -4 -5 </u>	***	×
Pepper (1 Each)		با پِيَ جَا	پت و	بنا ونا چنا بنا	×



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Menu





Diel Exceptions



Reports

MASTER COOK

Administration • Customize your community Menu Calendar Food Items>>Food Items

Food Items

		Food I	tems				
Menu Period: Spring (04/29)	Menu Cycle: Silver 8	Y	All		Filler	Show All	
Input Search Text Here							
Show duplicates Import Exp	oort food items Add Food Item	No ingre	gients No Food Va	lues Not Sa	t Diets	Altemates	Condiments
1 <u>2 3 4 5 6 7 8 9 10 1</u> Name	<u>1 12 13 14 15</u> Default Portion Size	16 17 Measure	18 19 20 Serving Instructions	21 22 2 Ingredients co	23 <u>24</u> ount	<u>25</u> <u>26</u> <u>27</u>	<u>>></u>
4 Layer Salad	4	Oz		7		1 al	砂無×
Acini De Pepe Fruit Salad	0.5	Cup		6	R _o		₩ N
Almond Crusted Chicken	4	Oz		2		12 01 =	W E X
Aloha Chicken Breast	4	Oz		2	R _o		。 其x
4 ALTERNATES	0	Each		0		7 (a) a)	OE×
Ambrosia Fruit Salad	0.5	Cup		5			w 馬×
Amish Casserole	0.5	Cup		7			U = ×
Amish Chloken	4	Oz		3			0 X ×
Amish Noodles	0.5	Cup		1		20	回車×
4 Angel Food Cake	1	Slice	(1/12 th of a round cake)	6	R _o	12/0	UEX
ANGUS BACON CHEDDAR BURGER	4	Oz		6	·		多量×
ANGUS BISTRO BURGER	4	Oz		15			WEX
ANGUS PIZZA BURGER	4	Oz		5		Folding	w m ×
Apple Cobbler	0.5	Cup		4		1 a 1 1	(1) 無 ×
Apple Crisp	0.5	Cup		3		Dollar C	w 其×
Apple Crumb Cake	1	Slice	2x2" sq	2			XEG
Apple Crumb Pie	1	Clest Food	tlems 1/10th of a pie	3		1.0	OF EX

Note. You may add menu food item names. This will not affect the gracery list. However if you change an ingredient you must create a new recipe or adit it and save it in a new cook book, export it in Master Cook and then import into RMM in the Food Item section. See section called Cook Books for more information.



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MASTER COOK

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Reports















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Without portion size Elndude nutritional info Start Date:

11/12/2012

For tim (09/16): 30 (7): Day 2 End Date: 11/12/2012

Select Diel.

(

Show Report

Print Report

Export To Excel

Export To Word

Note: Reports are printed two ways, on program or by exporting to Excel it is recommended that you print preview all reports. Use the page set up feature to make adjustmens with size, margins and spacing

Formatting of the reports can only be done in Excel in Excel you have the ability to create borders format fant, coloning, adding pictures and more

You can also delete or add and change the stams in Excel. For example you can add 'bread and Milk offered delly' on Week at a plance under each meal in the center and delete it off each day in Excel. This will create a 'less institutional' look or it you are part of a CCRC you can add additional entries or items that are offered in dining room

Caution. Always export to Excel from RIMM, this will ensure information is current, for example if you export a week with a special menu in it for a particular holiday, the next time you export, the holiday manu will not show if it is passed already because the program will update, but the previous exported apreadsheet will not reflect the resumption of menu without holiday



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DAILY



FOOD ITEMS















Without portion size

Include nutritional info

Start Date. 11/12/2012

For tim (09/16): 30 (7): Day 2

End Date 11/12/2012

Select Diet



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Formalting of the reports can only be done in Excal In Excal you have the ability to create borders, format font, coloring, adding pictures and more

You can also delete or add and change the items in Excel. For example you can add "bread and hits offered dairy" on Week at a glance under each meat in the center and delete it off each day in Excel. This will create a "less institutional" look or if you are part of a CCRC you can add additional entries or dams that are offered in dining room

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*Master Site

Friday, 11/09/2012

Breakfast

Assorted juice
Cold Cereal or Hot Cereal
Scrambled Eggs
French Toast
Syrup

Lunch

Hearty Vegetable Beef Soup Fresh Fruit Plate Cottage Cheese Oatmeal Cookies

Dinner

Meatloaf, Home Style
Beef Gravy
Mashed Potatoes
Broccoli
Peach Cobbler

*Master Site

Sunday, 11/25/2012

Breakfast

Juice of Choice (4 Oz)

Cold Cereal or Hot Cereal (1 Cup)

Calories 0 Fat 0g — calories from fat 0.0% Protein 0g Carbohydrate 0g Dietary Fiber 0g Cholesterol 0mg Sodium 0mg

French Toast (1 Each)

Calories 114 Fat 3g — calories from fat 25.9% Protein 5g Carbohydrate 16g Dietary Fiber 1g Cholesterol 62mg Sodium 296mg

Syrup (1 Oz)

Calories 355 Fat 0g -- calories from fat 0.0% Protein 0g Carbohydrate 92g Dietary Fiber 0g Cholesterol 0mg Sodium 26mg

Bacon (2 Slice)

Calories 73 Fat 6g — calories from fat 78.2% Protein 4g Dietary Fiber 0g Cholesterol 11mg Sodium 202mg

Lunch

Roast Beef (3 Oz)

Calories 229 Fat 12g — calories from fat 49.4% Protein 28g Cholesterol 62mg Sodium 243mg

Mashed Potatoes (4 Oz)

Calories 61 Fat 4g — calories from fat 52.4% Protein 1g Carbohydrate 7g Dietary Fiber 1g Cholesterol 0mg Sodium 128mg

Baby Carrots (0.5 Cup)

Calories 0 Fat 0g — calories from fat 0.0% Protein 0g Carbohydrate 0g Dietary Fiber 0g Cholesterol 0mg Sodium 0mg Calories

Parmesan Biscuit (1 Each)

Fruit of the Forest Pie (1 Slice)

Dinner

Pork BBQ on a Bun (4 Oz)

Calories 0 Fat 0g --- calories from fat 0.0% Protein 0g Carbohydrate 0g Dietary Fiber 0g Cholesterol 0mg Sodium 0mg

Cucumber Slices (0.5 Cup)

Garden Vegetable Dip (2 Oz)

Potato Chips (1 Cup)

Calories 608 Fat 39g — calories from fat 56.6% Protein 8g Carbohydrate 60g Dietary Fiber 5g Cholesterol 0mg Sodium 674mg

Orange Wedge (2 Each)



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Reports

MASTER COOK

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▶



Menu





ALTERNATE



















Include nutritional info

Start Date: 11/12/2012

For tim (09/16) . 30 (7) : Day 2

End Date 11/12/2012

Show Report

Print Report

Export To Excel

Export To Word

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the program will update, but the previous exported spreadsheet will not reflect the resumption of menu without holiday

*Master Site

Alternate Menu

Sunday, 11/25/2012

Hamburger

Add description here in Word if desired

Grilled Cheese Sandwich

Add description here in Word if desired

Grilled Chicken

Add description here in Word if desired

Chicken Salad

Add description here in Word if desired

Peanut Butter Sandwich

Add description here in Word if desired

Ham Sandwich

Add description here in Word if desired

Chef's Salad

Add description here in Word if desired



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WEEKLY

















Without portion size

Start Date:

11/12/2012

For lim (09/16): 30 (7): Day 2

Select Diet:

-

Show Report

Print Report

Export To Excel

Export To Word

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Caution. Always export to Excel from RMM, this will ensure information is current, for exemple if you export a week with a special menu in it for a particular holder, the next time you export, the holder menu will not show if it is passed already because the program will update, but the previous exported apreadsheet will not reflect the resumption of menu without holiday

*Master Site

Menu

Dinner Meatloaf, Home Style Beef Gravy Mashed Potatoes Broccoli Peach Cobbler	Lunch Hearty Vegetable Beef Soup Fresh Fruit Plate Cottage Cheese Oatmeal Cookies	Breakfast Assorted juice Cold Cereal or Hot Cereal Scrambled Eggs French Toast Syrup	Friday 11/09/2012
Dinner Tossed Salad Assorted Dressing Johnny Marzetti Corn Bread Mandarin Oranges	Lunch Baked Cod Baked Sweet Potato Key West Vegetables Orco Delight	Breakfast Assorted juice Cold Cereal or Hot Cereal Cheese Omelet Bacon Toast Jelly	Saturday 11/10/2012
Dinner Pork BBQ on a Bun Cucumber Slices Garden Vegetable Dip Potato Chips Orange Wedge	Lunch Roast Beef Mashed Potatoes Baby Carrots Parmesan Biscuit Fruit of the Forest Pic	Breakfast Juice of Choice Cold Cereal or Hot Cereal French Toast Syrup Bacon	Sunday 11/11/2012
Dinner Oven Bakcd Fish Seasoned Rice Mandarin Coleslaw Fruit Medley	Lunch Cream of Asparagus Soup Crackers Chicken Salad Sandwich Lettuce/Tomato/Onion Raspberry Poke Cake	Breakfast Juice of Choice Cold Cereal or Hot Cereal Scrambled Eggs Apple Sausage Bake	Monday 11/12/2012
Dinner Stuffed Cabbage with Tomato Sauce Mashed Potatoes Cottage Cheese Dinner Rolls Strawberry Ice Cream	Lunch Pork Scallopini Egg Noodles Tossed Salad Assorted Dressing Dinner Rolls Pineapple Chunks	Breakfast Juice of Choice Cold Cereal or Hot Cereal Sausage Gravy over a Biscuit Banana	Tuesday 11/13/2012
Dinner Italian Vegetable Bean Soup Crackers Grilled Chicken Sandwich Lettuce/Tomato/Onion Coleslaw Vanilla Pudding	Lunch Potato Crunch Fish Filet Boiled Parslied Potatoes Green Beans Dinner Rolls Plums	Breakfast Juice of Choice Cold Cereal or Hot Cereal Scrambled Eggs Bacon Blueberry Muffin	Wednesday 11/14/2012
Dinner Meat Loaf Oven Browned Potatoes Buttered Corn Dinner Rolls Peaches	Lunch Spinach Lasagna Rolls Broccoli Breadstick Parmesan Cheese Pistachio Delight	Breakfast Juice of Choice Cold Cereal or Hot Cereal Hard-Cooked Eggs Breakfast Sausage English Muffin	Thursday 11/15/2012



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EXTENSION



















Start Date:

11/12/2012

For tim (09/16) . 30 (7) : Day 2

End Date: 11/12/2012

Select Meat All Meals

-

Show Report

Print Report

Export To Excel

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the program will update, but the previous exported apreadsheat will not reflect the resumption of menu without holiday

*Master Site, Menu Extension Report Friday, 11/09/2012

Regular		Finger Foods	LCS	Mech	Puree	Renal
Breakfast	Portion size		-			
Assorted juice	4 Oz					No Prune or orange
Cold Cereal or Hot Cereal	6 Cup	In Mug if Hot			Puree if cold cereal	No Raisin Bran, Shredded Wheat of Oatmeal
Scrambled Eggs	2 Oz	Hard Cooked Egg			Pureed	
French Toast	1 Each	Cut in strips			Pureed	
Syrup	1 Oz	Cup for dipping	Diet Syrup			
Lunch	1	*	**************************************			
Hearty Vegetable Beef Soup	6 Oz	in mug		chopped vegs/ beef	Pureed	chicken noodle soup
Fresh Fruit Plate	8 Oz	de secondo de deservo de secondo		Canned (Bananas OK)	Pureed	No. of the same of
Cottage Cheese	4 Oz	Cheese Cubes	1		Pureed	Scrambled Eggs
Oatmeal Cookies	2 Each		1 Cookie	Sugar Cookie	Pureed	Sugar Cookie
Dinner	T					
Meatloaf, Home Style	4 Oz	Chunks		Ground	Pureed	A CONTINUE OF CASCACA PARAMETERS AND
Beef Gravy	2 Oz	in cup for dipping		***************************************		Omil
Mashed Potatoes	4 Oz	Tater Tots	The state of the s	A STATE OF THE PROPERTY OF T	- MA	Noodles or White Rice
Broccoli	4 Oz				Pureed	
Peach Cobbler	4 Oz	Diced Peaches	SF Peach Cobbler		Pureed	
Condiments		V / 100				The state of the s
Milk	8 Oz	The state of the s	Skim Milk	The state of the s	TO THE OWNER AND ADDRESS OF A CONTRACT OF THE OWNER AND ADDRESS OF THE	
Salt	1 Each		COMMITTEE STATE			Mrs Dook
Creamer	1 Each	S	The state state state and the state of the s	VVV. A. A. MANNAMAR BEARING BANK TO FAMILY - V, V ARRASTA - V, V ARRASTA - V, V	A MARKAMAN	Mrs Dash
Pepper	1 Each	* WV	The state of the s			
Sugar packet	1 Each		Sugar Sub			

*Master Site, Menu Extension Report Friday, 11/09/2012 Regular Finger Foods LCS Mech Puree Renal **Breakfast** Portion size No Prune or orange 4 Oz Assorted juice juice No Raisin Bran, Cold Cereal or Hot 6 Cup In Mug if Hot Puree if cold cereal Shredded Wheat or Cereal Oatmeal Scrambled Eggs Hard Cooked Egg 2 Oz Pureed French Toast 1 Each Cut in strips Pureed Syrup 1 Oz Cup for dipping Diet Syrup Lunch Hearty Vegetable chicken noodle 6 Oz in mug chopped vegs/ beef Pureed Beef Soup soup Canned (Bananas OK) Fresh Fruit Plate 8 Oz Pureed Cottage Cheese 4 Oz Cheese Cubes Pureed Scrambled Eggs **Oatmeal Cookies** 2 Each 1 Cookie Sugar Cookie Pureed Sugar Cookie Dinner Meatloaf, Home 4 Oz Chunks Ground Pureed Style Beef Gravy 2 Oz in cup for dipping Omit Noodles or White Mashed Potatoes 4 Oz Tater Tots Rice 4 Oz Broccoli Pureed Peach Cobbler 4 Oz Diced Peaches SF Peach Cobbler Pureed

Skim Milk

Sugar Sub

Mrs Dash

Condiments

Sugar packet

8 Oz

1 Each

1 Each

1 Each

Milk

Salt

Creamer Pepper



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FOOD ITEMS

















LUNCH-DINNER **LG EXT**





PREPARATION



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Start Date:

MENU CHANGE AUDIT

11/12/2012 For tim (09/16) : 30 (7) : Day 2

End Date: 11/12/2012

Show Report

Print Report

QUICK PRINT

Export To Excel

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Caution. Always export to Excal from RIMM, this will ensure information is current, for example if you export a week with a special menu in it for a particular holiday, the next time you export the holiday menu will not show if it is passed already because

the program will update, but the previous exported spreadsheet will not reflect the resumption of manu without holiday

Regular Finger Foods I CS Ma		Finger Foods	100	Mach	Direc	Donal
Lunch						
Hearty						
Vegetable Beef				chopped veas/		chicken noodle
Soup	6 Oz	in mug		beef	Pureed	dnos
Fresh Fruit				Canned		-
Plate	8 Oz			(Bananas OK)	Pureed	
		Cheese				Scrambled
Cottage Cheese 4 Oz	4 Oz	Cubes			Pureed	Eggs
Oatmeal						
Cookies	2 Each		1 Cookie	Sugar Cookie	Pureed	Sugar Cookie
Dinner						
Meatloaf, Home						
Style	4 Oz	Chunks	_	Ground	Pureed	
Beef Gravy	2 Oz	dipping				Omit
Mashed						Noodles or
Potatoes	4 Oz	Tater Tots				White Rice
Broccoli	4 Oz				Pureed	
		Diced	SF Peach			
Peach Cobbler	4 Oz	Peaches	Cobbler		Pureed	



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Show Report

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Alternate Menu Extension

Regular diet		Finger Foods	Mech	Puree	Renal
Grilled Cheese Sandwich	1 Each			Pureed	
Hamburger	3 Oz		Ground	Pureed	
Grilled Chicken	4 Oz		Ground	Pureed	
Chicken Salad	3 Oz	Serve on bread		Pureed	
Peanut Butter Sandwich	1 Each			Pureed	
Ham Sandwich	1 Each		Ground Pureed	Pureed	
Chef's Salad	6 Oz		Chopped	Pureed	Chopped Pureed No Ham or Tomato



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Without portion size | Include nutritional info

Exclude condiments

Without checkboxes

Start Date.

11/12/2012

For tim (09/16) : 30 (7) : Day 2

End Date: 11/12/2012

Select Meal All Meals

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Show checkboxes for portion size

Show Report

Select Diet

Export To Excel

Export To Word

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Print Report

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Syrup French Toast Scrambled Eggs Assorted juice Cold Cereal or Hot Cereal Friday, 11/09/2012 Check your choice **Breakfast** Menu Small Medium Large 000 Ŏ O 0 Oatmeal Cookies Chef's Salad Ham Sandwich Peanut Butter Sandwich Cottage Cheese Fresh Fruit Plate Chicken Salad Hamburger Hearty Vegetable Beef Soup Grilled Chicken **Grilled Cheese Sandwich** Friday, 11/09/2012 Check your choice Menu **Alternates** Lunch Small Medium Large Small Medium Large 000 000 000 000 000 000 000 Hamburger Ham Sandwich Chicken Salad Peanut Butter Sandwich **Grilled Chicken Grilled Cheese Sandwich** Broccoli Mashed Potatoes Meatloaf, Home Style Beef Gravy Chef's Salad **Peach Cobbler** Friday, 11/09/2012 Check your choice Menu Alternates Dinner Small Medium Large Small Medium Large 000

Syrup French Toast Scrambled Eggs Cold Cereal or Hot Cereal Assorted juice Friday, 11/09/2012 Check your choice **Breakfast** Menu Peanut Butter Sandwich Hamburger Chef's Salad Ham Sandwich Chicken Salad Grilled Chicken **Grilled Cheese Sandwich** Oatmeal Cookies Cottage Cheese Fresh Fruit Plate Hearty Vegetable Beef Soup Friday, 11/09/2012 Check your choice Menu **Alternates** Lunch Chef's Salad Ham Sandwich Chicken Salad Hamburger Beef Gravy **Peanut Butter Sandwich Grilled Chicken Grilled Cheese Sandwich** Peach Cobbler Broccoli **Mashed Potatoes** Meatloaf, Home Style Friday, 11/09/2012 Check your choice Menu Alternates Dinner

	Creamer			
)_ 				
	Milk	O	Creamer	
ges	Condiments/Beverages	O	Milk	
<u>U</u>	Chef's Salad	es	Condiments/Beverage	
<u></u>	Ham Sandwich		Chef's Salad	
J	Peanut Butter Sandwich	O	Ham Sandwich	
	lChicken Salad	O	Peanut Butter Sandwich	
- o	Grilled Chicken		Chicken Salad	Creamer O
-o	Grilled Cheese Sandwich	0	Grilled Chicken	Milk
	Hamburger		Grilled Cheese Sandwich	Condiments/Beverages
	Alternates		Hamburger	
0	Peach Cobbler		Alternates	Syrup
- 0	Broccoli	70	Oatmeal Cookies	French Toast
- 0	Mashed Potatoes	-o	Cottage Cheese	Scrambled Eggs
- o	Beef Gravy	_0	Fresh Fruit Plate	Cold Cereal or Hot Cereal
9	Meatloaf, Home Style	0	Hearty Vegetable Beef Soup	Assorted juice
	Check your choice		Check your choice	Check your choice
012	Friday, 11/09/2012	12	Friday, 11/09/20	Friday, 11/09/2012
	Dinner		Lunch	Breakfast
	Menu		Menu	Menu

														Condiments/Beverages	Canadian Bacon (2 Oz)	Pancakes (1 Each)	Cold cereal (1 Each)	Oatmeal (6 Oz)	Cranberry Juice (4 Oz)	Check your choice	Wednesday, 09/21/2011	Breakfast	Menu
	Condiments/Beverages	Hot Dog/Bun (1 Each)	French-fried Potatoes (4 Oz)	Each)	Cottage Cheese & Fruit Plate (1 Each)	Grilled Chicken Sandwich (1 Oz)	Breaded Fish Fillets (3 Oz)	Pizza (1 Slice)	Cheeseburger on a Bun (1 Each)	Peanut Butter Sandwich (1 Each)	Chicken Salad (3 Oz)	Hamburger on a Bun (3 Oz)	Grilled Cheese Sandwiches (4 Each)	Alternates	Ice Cream (1 Each)	Cole Slaw (4 Oz)	Ham Sandwich (1 Each)	Corn Chowder (6 Oz)	Oriental Soup (6 Oz)	Check your choice	Wednesday, 09/21/2011	Lunch	Menu
Chicken Tenders (3 Each) (Each) French-fried Potatoes (4 Oz) Hot Dog/Bun (1 Each) Condiments/Beverages	Cottage Cheese & Fruit Plate (1 Each)	Grilled Chicken Sandwich (1 Oz)	Breaded Fish Fillets (3 Oz)	IPizza (1 Slice)	IPeanut Butter Sandwich (1 Each)	Chicken Salad (3 Oz)	Hamburger on a Bun (3 Oz)	Grilled Cheese Sandwiches (4 Each)	Alternates	Fruit cup (4 Oz)	Cauliflower with Cheese Sauce (4 Oz)	Broccoli Florets (4 Oz)	Baked Potato (1 Each)	Sweet Potato Souffle (4 Oz)	IGravy (1 Oz)	Fried Shrimp (4 Oz)	Lemon Chicken (4 Oz)	Tossed Salad (4 Oz)	Cup of Soup (4 Oz)	Check your choice	i Wednesday, 09/21/2011	Dinner	; wenu

Menu	Menu	Menu
Breakfast	Lunch	Dinner
Wednesday, 09/21/2011	. Wednesday, 09/21/2011	i Wednesday, 09/21/2011
Check your choice	Check your choice	Check your choice
Cranberry Juice	Oriental Soup	Cup of Soup
Oatmeal	Corn Chowder	Tossed Salad
Cold cereal	Ham Sandwich	Lemon Chicken
Pancakes	Cole Slaw	Fried Shrimp
Canadian Bacon	lce Cream	l Gravy
	Alternates	Sweet Potato Souffle
	Grilled Cheese Sandwiches	Baked Potato
	Hamburger on a Bun	Broccoli Florets
	Chicken Salad	Cauliflower with Cheese Sauce
	Peanut Butter Sandwich	Fruit cup
	Cheeseburger on a Bun	Alternates
	Pizza	Grilled Cheese Sandwiches
	Breaded Fish Fillets	Hamburger on a Bun
	Grilled Chicken Sandwich	Chicken Salad
	Cottage Cheese & Fruit Plate	Peanut Butter Sandwich
	Chicken Tenders	Cheeseburger on a Bun
	Grilled Ham & Cheese Sandwich	Pizza
	French-fried Potatoes	Breaded Fish Fillets
	Hot Dog/Bun	Grilled Chicken Sandwich
		Cottage Cheese & Fruit Plate
		Chicken Tenders
		Grilled Ham & Cheese Sandwich
		French-fried Potatoes
		Hot Dog/Bun



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Start Date: 11/12/2012

For tim (09/16): 30 (7): Day 2

End Date: 11/12/2012

Select Diet:

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Grocery List

Ingredients		Menu	Category Inv Order
bread	Toast		Bread Rack
Texas Toast	French Toast		Bread Rack

Grocery List

Ingredients	Menu	Category Inv Order
Assorted cereal	Cold Cereal or Hot Cereal	Dry Storage
Assorted Juice	Assorted juice	Dry Storage
Basic Tomato Sauce	Johnny Marzetti	Dry Storage
bay leaves	Hearty Vegetable Beef Soup	Dry Storage
Beef Base	Hearty Vegetable Beef Soup, Meatloaf, Home Style, Beef Gravy	Dry Storage
Corn Bread Mix	Corn Bread	Dry Storage
dried thyme	Hearty Vegetable Beef Soup	Dry Storage
elbow macaroni	Johnny Marzetti	Dry Storage
French Dressing	Assorted Dressing	Dry Storage
Grandulated Garlic	Hearty Vegetable Beef Soup	Dry Storage
ground black pepper	Beef Gravy	Dry Storage
Italian Dressing	Assorted Dressing	Dry Storage
jelly	Jelly	Dry Storage
Mandarin Orange	Mandarin Oranges	Dry Storage
Mashed Potatoes	Mashed Potatoes	Dry Storage
Mirepoix	Hearty Vegetable Beef Soup	Dry Storage
oatmeal	Peach Cobbler	Dry Storage
Oreo crumbs	Oreo Delight	Dry Storage
parsley	Hearty Vegetable Beef Soup, Meatloaf, Home Style	Dry Storage
Peach Pie Filling	Peach Cobbler	Dry Storage
peppercorns	Hearty Vegetable Beef Soup	Dry Storage
Ranch Dressing	Assorted Dressing	Dry Storage
Syrup	Syrup	Dry Storage
tomato concass	Hearty Vegetable Beef Soup	Dry Storage
vanilla pudding mix	Oreo Delight	Dry Storage
vegeatable oil	Meatloaf, Home Style	Dry Storage

Grocery List

Ingredients	Menu	Category Inv Order
Cantalope	Fresh Fruit Plate	Produce
fresh celery	Meatloaf, Home Style	Produce
honeydew melon	Fresh Fruit Plate	Produce
onion	Meatloaf, Home Style	Produce
Pineapple	Fresh Fruit Plate	Produce
salad greens	Tossed Salad	Produce
salad ingredients	Tossed Salad	Produce
strawberries	Fresh Fruit Plate	Produce
Sweet Potato	Baked Sweet Potato	Produce
turnip	Hearty Vegetable Beef Soup	Produce

Grocery List

Ingredients	Menu	Category Inv Order
cottage cheese	Cottage Cheese	Walk-in Cooler
fresh eggs	French Toast, Cheese Omelet	Walk-in Cooler
Salad dressing	Tossed Salad	Walk-in Cooler
Shredded Cheese	Cheese Omelet	Walk-in Cooler
Shredded Mozzarella	Johnny Marzetti	Walk-in Cooler

Grocery List

Ingredients	N	Ienu	Category Inv Order
bacon	Bacon		Walk-in
			Freezer
beef	Hearty Vegetable Beef Sou	ID	Walk-in
	•	T	Freezer
broccoli	Broccoli		Walk-in
			Freezer
cod fillets	Baked Cod		Walk-in
			Freezer
Corn	Hearty Vegetable Beef Sou	q	Walk-in
			Freezer
frozen eggs	Scrambled Eggs, Meatloaf,	Home Style	Walk-in
		•	Freezer
ground beef	Meatloaf, Home Style		Walk-in
			Freezer
Key West Vegetables	Key West Vegetables		Walk-in
			Freezer
Oatmeal Cookie Dough, Frozen	Oatmeal Cookies		Walk-in
			Freezer
Whipped topping	Oreo Delight		Walk-in
			Freezer

Grocery List

		Inv	Order
Food items without ingredients			
	No Raisin Bran, Shredded Wheat or Oatmeal	 - 	
	Hard Cooked Egg		
	Egg Sub		
	Cup for dipping	1 1	
	Diet Syrup		
	chicken noodle soup		
	Scrambled Eggs		
	Cheese Cubes		
	Sugar Cookie	1 1	
	Tater Tots		
	Noodles or White Rice		
	Diced Peaches		
Substitutes	SF Peach Cobbler		
Substitutes	Plain Omelet		
	Grd sausage	1 1	
	Egg (if on give double portion)		
	Puree sausage		1
	Diet Jelly		
	fish sticks		
	Rice or Buttered Noodles		İ
	Alternate Dessert		
	No tomatoes		
	Only Low Sugar Dressing		
	No Ranch unless low fat		
	Baked Ziti		
	Bread		



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Food Group Adequacy

	9/21/2011	9/22/2011	9/23/2011	9/24/2011	9/25/2011	9/26/2011	9/27/2011	Daily Average
Vitamin A source	0	0	0	0	0	0	0	Dally Average
Vitamin C source	1	1	1	1	1	1	1	1
Breads and Grains	2	2	2	2	1	2	2	1.86
Fruits and Vegetables	1	1	1	2	1	i	2	1.29
Meat and Proteins	1	1	3	1	1	3	1	1.57
Milk and Dairy	1	1	1	1	1	1 1	1	1
Carbohydrates	3	3.5	4	5	3	3	5	3.79
Lunc	h							
Vitamin A source	0	0	1	0	0	0	0	0.14
Vitamin C source	0	0	0	0	0	0	0	0
Breads and Grains	2	2	2	2	1	2	2	1.86
Fruits and Vegetables	2.5	2	1.5	1	3	2.5	2	2.07
Meat and Proteins	3	4	4	3	3.5	2	0	2.79
Milk and Dairy	1	1	1	1	1	1	1	1
Carbohydrates	8	5.5	7	6	5.5	7	5	6.29
Dinne	er							
Vitamin A source	= 1 0	0	0	0	0	0	0	0.14
Vitamin C source	1	0	0	0	0	0	Ō	0.14
Breads and Grains	1.5	1.5	2.5	2.5	2.5	2	1	1.93
Fruits and Vegetables	1.5	3.5	0	3	2	2	2	2
Meat and Proteins	2	3	2.5	2.5	3	0	0	1.86
Milk and Dairy	1	1	1	1	1	1	1	1
Carbohydrates	7	6.5	6	6	6.5	6	7	6.43
Total								
Vitamin A source	1	0	1	0	0	0	0	0.29
Vitamin C source	2	1	1	1	1	1 1	1	1.14
Breads and Grains	5.5	5.5	6.5	6.5	4.5	6	5	5.64
Fruits and Vegetables	5	6.5	2.5	6	6	5.5	6	5.36
Meat and Proteins	6	8	9.5	6.5	7.5	5	1	6.21
Milk and Dairy	3	3	3	3	3	3	3	3
Carbohydrates Diffe	18 rence	15.5	17	17	15	16	17	16.5
Vitamin A source	0.5	-0.5	0.5	-0.5	-0.5	-0.5	-0,5	-0.21
Vitamin C source	1	0	0	0	0	0	0	0.14
Breads and Grains	-0.5	-0.5	0.5	0.5	-1.5	0	-1	-0.36
Fruits and Vegetables	0	1.5	-2.5	1	1	0.5	1	0.36
Meat and Proteins	0	2	3.5	0.5	1.5	-1	-5	0.21
Milk and Dairy	1	1	1	1	1	1	1	1
Carbohydrates	7	4.5	6	6	4	5	6	5.5

Food Group Adequacy

Breakfast								
	11/09/20121	1/10/20121	1/11/20121 ⁻	1/12/20121	1/13/2012	211/14/201	211/15/20 ⁻	12. Daily
Vitamin A source Vitamin C source	0 1	0 1	0 1	0 1	0 1	0 1	0 1	'^Average 0 1
Breads and Grains Fruits and Vegetables Meat and Proteins Milk and Dairy	2 1 2 1	2 1 2.25 1	2 1 1.25 1	1 1.5 3 1	1 2 0 1	2 1 1.25 1	2 1 4	1.71 1.21 1.96
Carbohydrates	4	4	5	4	4	4.5	5	4.36
Lunch								
Vitamin A source Vitamin C source	1 0	2 0	1 0	0 0	0	0	1 1	0.71 0.14
Breads and Grains Fruits and Vegetables Meat and Proteins Milk and Dairy	0 2.5 2 1	0 2 3 2	1 2 3 1	2.5 1 3 1.5	2 2 3 1	1 3 3 1	2 1 2 1	1.21 1.93 2.71 1.21
Carbohydrates	5	3	7	5.5	6	4	4.5	5
Dinner								
Vitamin A source Vitamin C source	1 1	0 0	0	0	0 0	0	0 0	0.14 0.14
Breads and Grains Fruits and Vegetables Meat and Proteins Milk and Dairy	0 2.75 3 1	3 2.5 1 1.5	1 1.5 0 1	0.5 2.5 3 1	1 2 4 1.5	2.5 2.5 3 1.5	1 3 3 1	1.29 2.39 2.43 1.21
Carbohydrates	5	9	3	3	5	5.5	5	5.07
Total								
Vitamin A source Vitamin C source	2 2	2 1	1 1	0 1	0 1	0 1	1 2	0.86 1.29
Breads and Grains Fruits and Vegetables Meat and Proteins Milk and Dairy	2 6.25 7 3	5 5.5 6.25 4.5	4 4.5 4.25 3	4 5 9 3.5	4 6 7 3.5	5.5 6.5 7.25 3.5	5 5 9 3	4.21 5.54 7.11 3.43
Carbohydrates Difference	14	16	15	12.5	15	14	14.5	14.43
Vitamin A source Vitamin C source	1.5 1	1.5 0	0.5 0	-0.5 0	-0.5 0	-0.5 0	0.5 1	0.36 0.29
Breads and Grains Fruits and Vegetables Meat and Proteins Milk and Dairy	-4 1.25 1 1	-1 0.5 0.25 2.5	-2 -0.5 -1.75 1	-2 0 3 1.5	-2 1 1 1.5	-0.5 1.5 1.25 1.5	-1 0 3	-1.79 0.54 1.11 1.43
Carbohydrates	3	5	4	1.5	4	3	3.5	3.43



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Search Ingredient:

Select Period:

All



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Ingredient Search report for "almonds"

Food Item	Cycle	Day	Ingredients
Almond Crusted Chicken	Silver 10	4	almonds
Crab Salad	Silver 7	7	blanched almonds
Fillet of Sole Amandine	23	2	slivered almonds
Italian Green Bean seasoned with basil	18	1	sliced almonds

Ingredient Search report for "almonds and nuts"

Food Item	Cycle	Day	Ingredients
Almond Crusted Chicken	Silver 10		almonds
Brownies	22	3	nuts
Brownies	5	4	nuts
Brownies	Silver 1	7	nuts
Brownies	9	4	nuts
Brownies	2	7	nuts
Carrot Cake	26	4	nuts
Carrot Cake	7	4	nuts
Carrot Cake	Silver 8	4	nuts
Carrot Cake	Silver 5	7	nuts
Carrot Cake with Cream Cheese Icing	29	7	walnuts
Carrot Cake with Cream Cheese Icing	22	5	walnuts
Chocolate Chip Cookies	2	3	nuts
Chocolate Chip Cookies	31	7	nuts
Chocolate Chip Cookies	29	4	nuts
Chocolate Chip Cookies	Silver 6	6	nuts
Chocolate Chip Cookies	Silver 7	1	nuts
Chocolate Chip Cookies	7	4	nuts
Chocolate Chip Cookies	20	7	nuts
Chocolate Chip Cookies	Silver 1	3	nuts
Chocolate Chip Cookies	6	3	nuts
Chocolate Chip Cookies	11	4	nuts
Chocolate Chip Cookies	12	7	nuts
Chocolate Chip Cookies	Silver 4	6	nuts
Chocolate Chip Cookies	Silver 5	2	nuts
Crab Salad	Silver 7	7	blanched almonds
Date Nut Bread	23	1	pecans or walnuts
Fillet of Sole Amandine	23	2	slivered almonds
Frozen Peanut Butter Pie	10	6	roasted peanuts
Green Bean Casserole	10	1	water chestnuts

Green Bean Casserole	6	1	water chestnuts
Green Bean Casserole	18	3	water chestnuts
Green Bean Casserole	19	3	water chestnuts
Green Bean Casserole	2	1	water chestnuts
Green Bean Casserole	Menu A	15	water chestnuts
Green Bean Casserole	Menu B	1	water chestnuts
Honey Walnut Chicken Salad	7	4	walnuts
Honey Walnut Chicken Salad	11	4	walnuts
Italian Green Bean seasoned with basil	18	1	sliced almonds
Pasta Salad with Vinaigrette	2	7	pine nuts
Pasta Salad with Vinaigrette	29	7	pine nuts
Peanut Butter Pie	Menu A	9	roasted peanuts
Peanut Butter Pie	Menu B	9	roasted peanuts
Pudding with raisin sauce	21	3	walnuts
Stir-Fried Beef with Vegetables	8	4	canned water chestnuts
Vegetable Lo Mein	8	4	sliced water chestnuts



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Menu Manager

*Master Site







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DAILY **PRODUCTION**

Confirm And Adjust Census By Diet Start Date:

11/12/2012 Indude Census Info On Top

For tim (09/16): 30 (7). Day 2

Include Census Info On Bottom

End Date: 11/12/2012

Show Report Print Report Export To Excel

Note: Reports are profiled two ways: on program or by exporting to Excel It is recommended that you print preview all reports. Use the page set up feature to make adjustmens with size, margins and spacing

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Daily Production (Master Site) We	dnesday, 09/21/201	1	
Period: Fall, Cycle: 1, Day: 4 Dinner	Garnish instructions	A	
Soup of the Day (1 Oz)	Garristriistructions	Amounts	
Crackers (1 Each)		 	
		 	+
Quiche (1 Slice)		┼──┼─	
Broccoli (4 Oz)		 	
Bread (1 Each)		 	
Raspberry Fruited Jelio (4 Oz) lotes and Comments:			
reezer Pull			
ome made Chili			
ext Day Prep			
ielbasa			
iets Census			
egular — — — — — — — — — — — — — — — — — — —			75

	Garnish instructions	Amounts
Grilled Cheese Sandwiches (4 Each Hamburger (3 Oz) Grilled Chicken (4 Oz) Chicken Salad (3 Oz) Peanut Butter Sandwich (1 Each) Ham Sandwich (1 Each) Chef's Salad (6 Oz)	h)	
Notes and Comments:		
Diets Census		
Regular	75	

Alternate Menu Daily Production (Master Site)

Daily Production (*Master Site) Friday, 11/09/2012 Period: Fall/Winter 2012, Cycle: Silver 10, Day: 6

Total	Diet Name	Dinin g Roo	Roo m Ser
		m	vice
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

		<u> </u>	J	ა
		egular	0	34
	8	Renal	7	1
	Breakfast	Service instructions	Amour	nts
	Assorted juice (4 Oz)			
	No Prune or orange juice]			
	Cold Cereal or Hot Cereal (6 Cup)			
	Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS]			
_	Puree if cold cereal			
	In Mug if Hot			
	Scrambled Eggs (2 Oz)			
	Pureed			
	Substitute Hard Cooked Egg [Finger Foods]			
	rench Toast (1 Each) € 1			
	Pureed	powder sugar		
	Cut in strips			
	Syrup (1 Oz)			
	Substitute Cup for dipping [Finger Foods]			
	Pureed			
	Substitute Diet Syrup [LCS]			

Daily Production (*Master Site) Friday, 11/09/2012 Period: Fall/Winter 2012, Cycle: Silver 10, Day: 6

Total	Diet Name	Dinin g Roo	Roo m Ser
12		m	vice
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

		<u>renai</u>	/	1
Lunch		Service instructions	Amoun	nts
Hearty Vegetable	Beef Soup (6 Oz)			
chopped vegs/	beef			
Substitute chick Renal /LCS]	en noodle soup [Renal,			
Pureed				
in mug				
Fresh Fruit Plate (8	3 Oz)			
Canned (Banar	as OK)			
No oranges, ba	nanas, cantaloupe or			
Pureed				
Cottage Cheese (4	· Oz)			
Substitute Scra Renal /LCS]	mbled Eggs [Renal,			
Pureed				
Substitute Chee	ese Cubes [Finger Foods]			
Oatmeal Cookies (2 Each)			
Substitute Suga Fat/Low Chol, F	r Cookie [Mech, Renal, Low Renal /LCS]			
Pureed				
1 Cookie [LCS]				

Next Day Prep				
Baked Cod		 		

Daily Production (*Master Site) Friday, 11/09/2012 Period: Fall/Winter 2012, Cycle: Silver 10, Day: 6

Total	Diet Name	Dinin g Roo	Roo m Ser
40		m	vice
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

	Regular		34
8	Renal	7	1
Dinner	Service instructions	Amour	nts
Meatloaf, Home Style (4 Oz)			
Ground			
Pureed	Mushroom slices		_
Chunks			
Beef Gravy (2 Oz)			-
in cup for dipping			
Mashed Potatoes (4 Oz)			
Pureed			
Substitute Tater Tots [Finger Foods] Substitute Noodles or White Rice [Renal,			
Renal /LCS]			
Broccoli (4 Oz)			
Pureed			
Peach Cobbler (4 Oz)			
Pureed			
Substitute Diced Peaches [Finger Foods]			
Substitute SF Peach Cobbler [LCS]			
otes and Comments:			
ext Day Prep orn Bread			

Daily Production (*Master Site) Friday, 11/09/2012

Period: For tim, Cycle: Silver 10, Day: 6

Bacon

	Diet Nam	ie	Dining Room	Room Service
12	Finger Foo	Finger Foods		2
0	LCS		0	0
14	Mech		5	9
3	Puree		0	3
34		Regular		34
8	Breakfast Renal		7	1
_	breakiast	Service instructions	Amounts	
	Assorted juice (4 Oz)			
	No Prune or orange juice]			
	Cold Cereal or Hot Cereal (6 Cup) Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS]			
	Puree if cold cereal			
	In Mug if Hot			
	Scrambled Eggs (2 Oz)			
- 8	Pureed Substitute Hard Cooked Egg [Finger Foods]			
0	French Toast (1 Each)			
	Pureed	powder sugar		
	Cut in strips			
	Syrup (1 Oz)			
	Substitute Cup for dipping [Finger Foods]			
	Pureed			
100	Substitute Diet Syrup [LCS]			

Daily Production (*Master Site) Friday, 11/09/2012

Period: For tim, Cycle: Silver 10, Day: 6

Next Day Prep Baked Cod

Total	Diet Name	Dining Room	Room Service
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

Lunch	Service instructions	Amounts
Hearty Vegetable Beef Soup (6 Oz)		
chopped vegs/ beef Substitute chicken noodle soup [Renal, Renal /LCS]		
Pureed		
in mug		
Fresh Fruit Plate (8 Oz)		
Canned (Bananas OK) No oranges, bananas, cantaloupe or honeydew		
Pureed		
Cottage Cheese (4 Oz) Substitute Scrambled Eggs [Renal, Renal /LCS]		
Pureed		
Substitute Cheese Cubes [Finger Foods]		
Oatmeal Cookies (2 Each) Substitute Sugar Cookie [Mech, Renal, Low Fat/Low Chol, Renal /LCS]		
Pureed		
1 Cookie [LCS]		

Daily Production (*Master Site) Friday, 11/09/2012 Period: For tim, Cycle: Silver 10, Day: 6

Total	Diet Name	Dining Room	Room Service
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

Dinner	Service instructions	Amounts
Meatloaf, Home Style (4 Oz)		
Ground	-Mushroom slices	
Pureed		
Chunks		
Beef Gravy (2 Oz)		
in cup for dipping		
Mashed Potatoes (4 Oz)		
Pureed		
Substitute Tater Tots [Finger Foods] Substitute Noodles or White Rice [Renal, Renal /LCS]		
Broccoli (4 Oz)		
Pureed		
Peach Cobbler (4 Oz)		
Pureed		
Substitute Diced Peaches [Finger Foods]		
Substitute SF Peach Cobbler [LCS]		

Notes and Comments.			
Novt Doy Dean	 	 	
Next Day Prep	 	 	
Corn Bread			



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AUDIT

Start Date: 11/12/2012

For tim (09/16) : 30 (7) : Day 2

End Date: 11/12/2012

Show Report

Print Report

Export To Excel

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Menu Change Audit

Date Range: Sunday, 08/26/2012 - Friday, 11/09/2012

User Name	Change Date	Menu Cycle	Day	Meal	Food Item	Operation	Food Item Information
admin adLastName	8/29/2012 10:08:52 AM	32	4	Lunch	Blueberry Muffin	Remove	
admin adLastName	8/29/2012 10:09:05 AM	32	4	Lunch	Blueberry Muffin	Add	Portion Size: 1 Each
admin adLastName	8/29/2012 10:09:28 AM	32	4	Dinner	Mashed Potatoes	Remove	
admin adLastName	8/29/2012 10:10:09 AM	32	4	Dinner	Mashed Potatoes	Add	Portion Size: 4 Oz



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Mthout portion size

Select Cycle: 2



Show Report

Print Report

Export To Excel

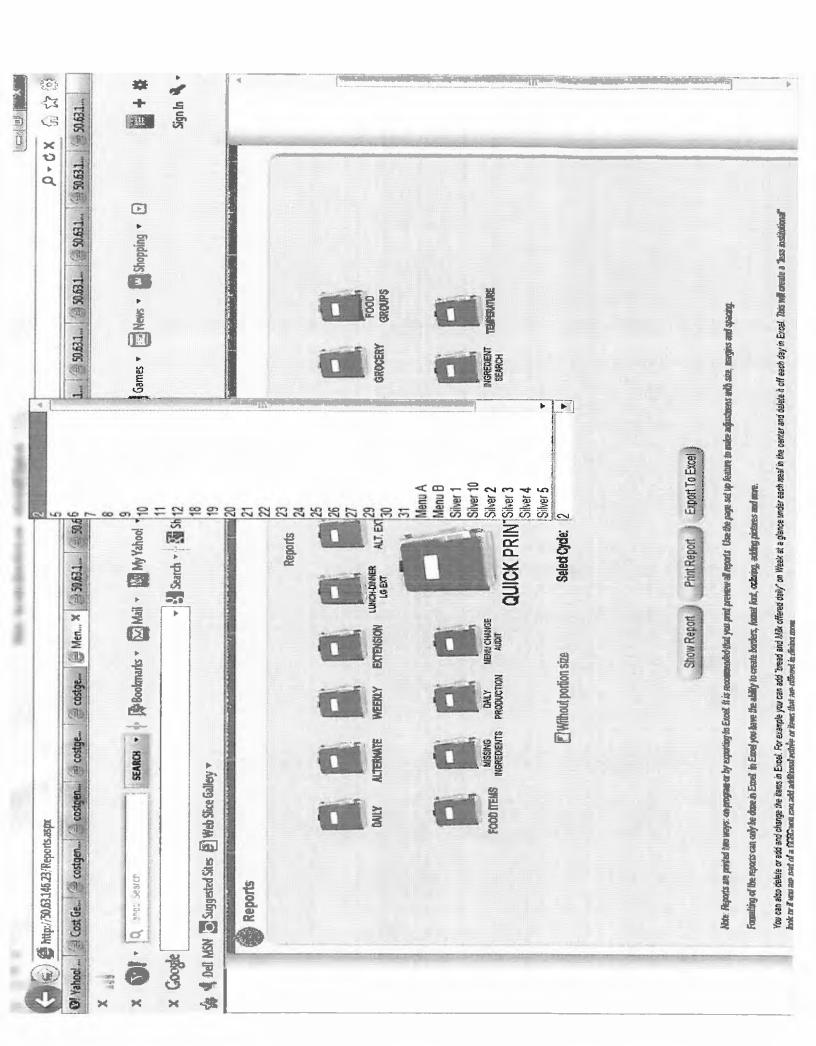
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Menu Evaluation Criteria

The criteria and ratings below refer only to the printed menu (the menu that would be posted in the community) and don't take into account any items that might be available on a "By Request" or Always Available" alternate menu.

Platinum: Appetizer (soup or salad) Choice of entrée on menu Choice of starch on menu Choice of hot vegetable on menu Choice of bread/rolls Choice of dessert Lunch and Dinner Choice of dessert Lunch and Dinner Choice of dessert Lunch and Dinner Choice of entrée on menu Lunch and Dinner Choice of entrée on menu Lunch and Dinner Choice of entrée on menu Lunch and Dinner Offer entrée choices Lu Offer a potato & a grain	nch & Dinner
Choice of entrée on menu Choice of starch on menu Choice of hot vegetable on menu Choice of bread/rolls Choice of dessert Lunch or Dinner Choice of dessert Lunch and Dinner Choice of dessert Lunch and Dinner Choice of entrée on menu Lunch and Dinner Choice of entrée on menu Lunch or Dinner Offer entrée choices Lu	nch & Dinner
Choice of starch on menu Choice of hot vegetable on menu Choice of bread/rolls Choice of dessert Lunch and Dinner Choice of dessert Lunch and Dinner Choice of dessert Lunch and Dinner Choice of entrée on menu Lunch and Dinner Choice of entrée on menu Choice of entrée on menu Choice of entrée choices Lu	nch & Dinner
Choice of hot vegetable on menu Choice of bread/rolls Choice of dessert Lunch and Dinner Choice of dessert Lunch and Dinner Choice of entrée on menu Lunch or Dinner Offer entrée choices Lu	nch & Dinner
Choice of bread/rolls Choice of dessert Lunch and Dinner Gold: Appetizer (soup or salad) Lunch and Dinner Choice of entrée on menu Lunch or Dinner Offer entrée choices Lu	nch & Dinner
Choice of dessert Appetizer (soup or salad) Choice of entrée on menu Lunch or Dinner Offer entrée choices Lu	nch & Dinner
Gold: Appetizer (soup or salad) Lunch and Dinner Choice of entrée on menu Lunch or Dinner Offer entrée choices Lu	nch & Dinner
Appetizer (soup or salad) Lunch and Dinner Choice of entrée on menu Lunch <u>or</u> Dinner Offer entrée choices Lu	nch & Dinner
Choice of entrée on menu Lunch <u>or</u> Dinner Offer entrée choices Lu	nch & Dinner
<u> </u>	nch & Dinner
Dinner - grain is often a	
Choice of starch on menu No substitute for diets any Print an "always availab	way
Choice of hot vegetable on menu No vegetable on menu	- popula.
Choice of bread/rolls Lunch or Dinner	
Choice of dessert Lunch <u>or</u> Dinner	
Silver:	
Offer soup one meal ea	ch day: offer
Appetizer (soup or salad) Lunch <u>or Dinner</u> salad as fruit/veg for on	
Offer entrée choice at n	
Choice of entrée on menu No day	
Choice of starch on menu No	
Choice of hot vegetable on menu No	
Choice of bread/rolls Lunch <u>or</u> Dinner	
Choice of dessert Lunch <u>or</u> Dinner	
Bronze:	
Less than once per Offer soup or salad for I	unch or
Appetizer (soup or salad) day dinner each day	
Choice of entrée on menu No	
Choice of starch on menu No	
Choice of hot vegetable on menu No	
Choice of bread/rolls No Offer choice lunch or di	
Choice of dessert No addition to planned dess	nner each day

Menu Costing Assumptions

Platinum

- Choice of juice or fruit at breakfast
- Breakfast meat offered daily
- Soups are made in house except canned tomato, mushroom for cooking and individual serving soups
- Full in-house cooking (no more than 2 convenience entrees per week)
- Full use of GPO broadline distributor no secondary broadline supplier
- Menu includes occasional use of high end vegetables
- Central production

Gold

- Soups are made in house except canned tomato, mushroom for cooking and individual serving soups
- Full in-house cooking (no more than 2 convenience entrees per week)
- Full use of GPO broadline distributor no secondary broadline supplier
- Central production

Silver

- Soups are made in house except canned tomato, mushroom for cooking and individual serving soups
- Full in-house cooking (no more than 2 convenience entrees per week)
- Full use of GPO broadline disbributor no secondary broadline supplier
- Central production

Bronze

- Soups are made in house except canned tomato, mushroom for cooking and individual serving soups
- Full in-house cooking (no more than 2 convenience entrees per week)
- Full use of GPO broadline disbributor no secondary broadline supplier
- Central production

Dinner Vegetarian Vegetable Soup (60z) Crackers (1Each) Hearty Tuna Melts (1Each) Lettuce & Tomato (1Slice) Sherbet (40z)	Lunch Barbecued Pork Ribs (40z) Au Gratin Potatocs (40z) Green Beans (40z) Garlic Bread (1Slice) Fruit cup (40z)	Day i Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Scrambled Eggs (2Oz) Danish Pastry (1 Each) Jelly (1 Each)
Dinner Honey-Glazed Carrots (40z) Rice Pilaf (40z) Dinner Rolls (1Each) Apricots (40z)	Lunch Hot Turkey Sandwich (40z) Acini De Pepe Fruit Salad (40z) Green Peas (40z) Apple Crisp (40z)	Day 2 Breakfast Orango juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Pancakes (2Each) Sausage (2Oz) Syrup (2Oz)
Dinner Beef Noodle Soup (60z) Crackers (1Each) Chicken Tenders (30z) Barbecue Sauce (Cooked) (10z) French Fried Potatoes (40z) Harvard Beets (40z) Chocolate Chip Cookies (2Each)	Lunch Turkey ala King (6Oz) Baking Powder Biscuits (1Each) Parsley Buttered Carrots (4Oz) Tossed Salad (4Oz) Ranch Dressing (1Oz) Pineapple Upside Down Cake (1Slice)	Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Western Scrainbled Eggs (1Each) Hash brown potatoes (4Oz) Toast (1Slice) Jelly (1Each)
Dinner Soup of the Day (10z) Crackers (1Each) Quiche (1Sluce) Broacoli (40z) Bread (1Each) Raspberry Fruited Jello (40z)	Lunch Meatloaf, Home Style (3Oz) Mashed Potatoes (4Scoop) Capri Blend Vegetables (4Oz) Bread (1Each) Apple Pie (1Slice)	Master Site 1 Day 4 Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) French Toast (2Slice) Bacon (1Slice) Syrup (2Oz)
Dinner Minestrone Soup (6Oz) Crackers (1Each) Kielbasa (4Oz) German Potato Salad (4Oz) Bread (1Each) Pears (4Oz) Sauerkraut (4Oz)	Lunch Herb-Crusted Pork Loin (40z) Pan Gravy (20z) Sage Stuffing (1Each) Green Peas (40z) Bread (1Each) Cinnamon Apples (40z)	Day 5 Breakfast Orange juice (40z) Cold Cereal or Hot Cereal (10z) Scrambled Eggs (20z) Blueberry Muffin (1Each)
Dinner Cheese Soup (6Oz) Crackers (1Each) Home made Chili (6Oz) Buttered rice (4Oz) Corn Bread (1Slice) Cherry Crisp (4Oz)	Lunch Chicken Parmesan (6Oz) Spaghetti Noodles (4Oz) Sliced Zucchini Squash (4Oz) Garlic Bread (1Slice) Tiramisu (4Oz)	Day 6 Breakfast Orange juice (40z) Cold Cereal or Hot Cereal (10z) Waffles (2Each) Sausage (30z) Syrup (20z)
Dinner Cream of Tomato Soup (6Oz) Crackers (1Each) Liverwurst Sandwich on Rye (1Each) Three Bean Salad (4Oz) Sliced Onion (4Oz) Dessert cart (1Each)	Lunch Salisbury Steak (30z) Egg Noodles (40z) Capri Blend Vegetables (40z) Dinner Rolls (1Each) Brownies (1Each)	Day 7 Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) One Egg Omelet (1Each) Home Fries (4Oz) Toast (1Slice) Jelly (1Each)

			Master Site			
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast Orange juice (40z) Cold Cereal or Hot Cereal (10z) Scrambled Eggs (20z) Danish Pastry (1Each) Jelly (1Each)	Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Pancakes (1Each) Sausage (3Oz) Syrup (4Oz)	Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Western Scrambled Eggs (1Each) Hash brown potatoes (4Oz) Jelly (1Each)	Breakfast Orange juice (40z) Cold Cereal or Hot Cereal (10z) French Toast (1 Slice) Bacon (1 Slice) Syrup (40z)	Breakfast Orange juice (40z) Cold Cercal or Hot Cercal (10z) Scrambled Eggs (20z) Blueberry Muffin (1Each)	Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Waffles (1Each) Sausage (3Oz) Syrup (4Oz)	Breakfast Orange juice (40z) Cold Cereal or Hot Cereal (10z) One Egg Omelet (1Each) Home Fries (40z) Toast (1Slice) Jelly (1Each)
Lunch Blue Crab Cakes (30z) Tartar Sauce (10z) Scalloped Potatoes (40z) Carrots (40z) Bread (1Each) Rice Pudding (40z)	Lunch Stuffed Cabbage with Tomato Sauce (40z) Green Beans (40z) Dinner Rolls (1Each) Apple Crisp (40z)	Lunch Lasagna (6Oz) Italian Blend Vegetables (4Oz) Garlic Bread (1Slice) Fudge Brownies (1Each)	Lunch Amish Chicken (40z) Cheddar Potatocs (40z) Peas (40z) Bread (1 Each) Jello (40z)	Lunch Meatloaf, Home Style (3Oz) Beef Gravy (4Oz) Mashed Potatoes (4Scoop) Buttered Com (4Oz) Bread (1Each) Banana (1Each)	Lunch Battered Fish Fillet (10z) Macaroni and Cheese (60z) Broccoli (40z) Bread (1Each) Chocolate Pudding (40z)	Lunch Teriyaki Chicken (3Oz) Mini Egg Rolls (3Each) Buttered rice (4Oz) Oriental Vegetables (4Oz) Bread (1Each) Mandarin Oranges (4Oz)
Dinner Vegetarian Vegetable Soup (60z) Crackers (1 Each) Ham Salad Sandwich (30z) Lettuce & Tomato (1 Slice) Potato Chips (10z) Peaches (40z)	Dinner Cream of Mushroom Soup (6Oz) Crackers (1Each) Meathall Sub (1Each) Pasta Salad (4Oz) Sugar cookie (1Each)	Dinner Chicken Rice Soup (60z) Crackers (1Each) Hamburger on Bun (1Each) French Fried Potatoes (40z) Lettuce & Tomato (1Slice) Fruit Parfait (40z)	Dinner Soup of the Day (10z) Crackers (1Each) Hot Ham & Cheese Sandwich (1Each) Tater Tots (40z) Pickle Spear (1Each) Pound Cake (1Slice) with Cherry Topping (20z)	Dinner Hearty Beef Vegetable Soup (602) Crackers (1 Each) Hot Dog on Bun (1 Each) Baked Beans (40z) Vanilla Ice Cream (40z)	Dinner Minestrone Soup (6Oz) Crackers (1Each) Chicken Tenders (3Oz) Mashed Potatoes (4Scoop) Buttered Corn (4Oz) Bread (1Each) Tropical Fruit (4Oz)	Dinner Corn Chowder (6Oz) Crackers (1Each) Liverwurst & Onion Sandwich (1Each) Three Bean Salad (4Oz) Dessert cart (1Each)

Dinner Split Pca Soup (6Oz) Crackers (1 Each) Hot Ham & Cheese Sandwich (1 Each) German Potato Salad (4Oz) Lettuce & Tomato (1 Slice) Applesauce (4Oz)	Lunch Shepherd's Pie (8Oz) Beef Gravy (4Oz) Peas and carrots (4Oz) Bread (1Each) Lemon Pie (1Slice)	Breakfast Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Scrambled Eggs (2Oz) Danish Pastry (1Each) Jelly (1Each)
Dinner Chicken Noodle Soup (6Oz) Crackers (1Each) Open Face Roast Beef Sandwich (1Each) Mashed Potatoes (4Scoop) Buttered Corn (4Oz) Fudge Brownies (1Each)	Lunch Spaghetti with Meat Sauce (80z) Green Beans (40z) Garlic Bread (1 Slice) Rice Pudding (40z)	Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Pancakes (1Each) Sausage (3Oz) Syrup (4Oz)
Dinner Hearty Beef Vegetable Soup (602) Crackers (1Each) Tuna Salad Sandwich (1Each) Pasta Salad (40z) Pickled Beets (40z) Pincapple Chunks (40z)	Lunch Beef Burgundy (6Oz) Egg Noodles (4Oz) Cauliflower (4Oz) Bread (1Each) Yellow Cake (1Slice) Chocolate Butter Cream Icing (1Oz)	Breakfast Orange juice (4Oz) Cold Cercal or Hot Cercal (1Oz) Western Scrambled Eggs (1Each) Hash brown potatoes (4Oz) Toast (1Slice) Jelly (1Each)
Dinner Soup of the Day (1Oz) Crackers (1Each) Philly Cheese Steak Sandwich (1Each) Potatoes O'Brien (4Oz) Pickle Spear (1Each) Peanut Butter Cookies (2Each)	Lunch Honey-Orange Glazed Ham (4Oz) Potatoes with Mustard Glaze (4Oz) Spinach (4Oz) Bread (1Each) Fruit Cocktail (4Oz)	Day 4 Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) French Toast (1Slice) Syrup (4Oz) Bacon (1Slice)
Dinner Baked Potato Soup (6Oz) Crackers (1Each) Barbecued Beef on Buns (3Oz) French Fried Potatoes (4Oz) Peaches (4Oz)	Lunch BAKED ZITI WITH MEATBALLS (6Oz) Green Beans (4Oz) Garlic Bread (1Slice) Tossed Salad (4Oz) Ranch Dressing (1Oz) Jello (4Oz)	Day 5 Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Scrambled Eggs (2Oz) Blueberry Muffin (1Each)
Dinner New England Clann Chowder (6Oz) Crackers (1Each) Open Face Turkey Sandwich (4Oz) Cranberry Sauce (1Oz) Mashed Potatoes (4Scoop) Jello Cake (1Each)	Lunch Chicken Pot Pie (60z) Italian Pasta Salad (40z) Bread (1 Each) Chocolate Ice Cream (1 Each) Classic Rice Pilaf (40z)	Breakfast Orange juice (4Oz) Cold Cercal or Hot Cercal (1Oz) Waffles (1Each) Sausage (3Oz) Syrup (4Oz)
Dinner Cheese Soup (6Oz) Crackers (1 Each) Battered Fish Fillet (1Oz) Hamburger Bun (1 Each) Tartar Sauce (1Oz) Lettuce & Tomato (1 Slice) Coleslaw (4Oz) Pears (4Oz)	Lunch Salisbury Steak (30z) Beef Gravy (20z) Mashed Potatoes (4Scoop) Buttered Corn (40z) Bread (1Each) Tapioca Cream Pudding (40z)	Breakfast Orange juice (4Oz) One Egg Omelet (1Each) Cold Cercal or Hot Cercal (1Oz) Home Fries (4Oz) Toast (1Slice) Home Fries (4Oz) Jelly (1Each)

Dinner Baked Potato Soup (60z) Crackers (2Each) Swiss Burger (1Each) Lettuce & Tomato (1Slice) Pickle Spear (1Each) Potato Chips (10z) Peaches (40z)	Lunch Glazed Baked Ham (30z) Au Gratin Polatocs (40z) Asparagus Spearts (40z) Tiramisu (40z)	Breakfast Orange juice (40z) Cold Cereal or Hot Cereal (10z) Scrambled Eggs (20z) Breakfast Sausage links (2Each) Toast (1Slice) Jelly (1Each)	
Dinner Pork BBQ on a Bun (40z) Onion Rings (40z) Sliced Zucchini Squash (40z) Strawberry Cake (1Each)	Lunch Cream of Mushroom Soup (60z) Crackers (4Each) Cold Egg and Crab Plate (40z) Fresh Fruit Plate (40z) Chocolate Chip Cookies (2Each)	Breakfast Orange juice (40z) Cold Cercal or Hot Cercal (60z) French Toast (1Slice) Bacon (2Slice) Syrup (10z)	
Dinner Tossed Salad (80z) Assorted Dressing (1Each) Cheese Ravioli (80z) Lobster Sauce (20z) Dinner Rolls (1Each) Apple Pie (1Slice)	Lunch Macaroni Salad (40z) Sloppy Joe on a Bun (40z) Oven Browned Potatoes (40z) Mandarin Oranges (40z)	Breakfast Orange juice (40z) Cold Cereal or Hot Cereal (60z) Cheese Omelet (30z) Waffles (1Each) Syrup (10z)	
Dinner Taco Salad Plate with Cheese Tomato and Sour Cream (1 Each) Refried Beans (4Oz) Ice Cream of the Day (4Oz)	Lunch Kielbasa (4Oz) Sauerkraut (2Oz) Whipped Polatoes (4Oz) Green Beans (4Oz) Raspberry Fruited Jello (4Oz)	Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (6Oz) Scrambled Eggs (2Oz) Breakfast Sausage links (3Each) Toast (1 Slice) Margarine (1 Each)	Master Site
Dinner Honcy Glazed Chicken (4Oz) Buttered Noodles (4Oz) Peas and Pearl Onions (4Oz) Mini Chocolate Eclairs (3Each)	Lunch Cream of Spinach Soup (6Oz) Tuna Salad Sandwich (1Each) Lettuce & Tomato (1Slice) Pickle Spear (1Each) Cheetos (1Oz) Peaches (4Oz)	Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (6Oz) Pancakes (2Each) Syrup (1Oz) Bacon (2Slice) Milk (8Oz)	
Dinner Tossed Salad (4Oz) Assorted Dressing (1Each) Spaghetti Noodles (6Oz) Italian Meatballs (4Oz) Marinara Sauce (2Oz) Green Beans (4Oz) Greit Bread (1 Slice) Cherry Dumplings (1 Each)	Lunch Healthy Coleslaw (40z) Fried Shrimp (40z) Steak Fries (40z) Cantaloupe (40z)	Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (6Oz) Scrambled Eggs (2Oz) French Toast (1Slice) Syrup (1Oz)	
Dinner Navy Bean Soup (6Oz) Chicken Salad Sandwich (1Each) Lettuce & Tomato (1Slice) Pickle Spear (1Each) Potato Salad (4Oz) Grapes (4Oz)	Lunch Stir-Fried Chicken with Basil (30z) Fried Rice (40z) Oriental Vegetables (40z) Mini Egg Rolls (3Each) Carrot Cake (1Slice)	Breakfast Orange juice (4Oz) Cold Cereal or Hot Cereal (6Oz) Cheese Omelet (3Oz) Bacon (2Slice) Toast (1Slice) Jelly (1 Each)	

Dinner Turkey & Swiss Sandwich (1Each) on Wheat Roll (1Each) Creamy Cucumber Salad (4Oz) Melon Wedge (1Each) Peanut Butter Cookies (2Each)	Lunch Honey Garlic Pork Chops (4Oz) Rice Pilaf (4Oz) Herbed Carrots (4Oz) Dinner Rolls (1Each) Blueberry pie (1Slice)	Day 1 Breakfast Orange juice (4Oz) Grits (6Oz) Cold cereal (6Oz) Scrambled Eggs (2Oz) Hash brown potatoes (4Oz) Grilled Ham (1Slice)
Dinner Yankee Pot Roast with Gravy (4Oz) Boiled Parslied Potatoes (4Oz) Green Beans (4Oz) Dinner Rolls (1Each) Peaches (4Oz)	Lunch Crispy Fish Sandwich (1Each) French Fries (4Oz) Creamy Coleslaw (4Oz) Berry Crisp (4Oz)	Day 2 Breakfast Orange juice (40z) Oatmeal (60z) Cold cercal (60z) Waffles (2Each) Bacon (2Slice)
Dinner Beef Stir Fry (4Oz) Lo Mein Noodles (4Oz) Orienial Vegetables (4Oz) Pineapple Upside Down Cake (1Slice)	Lunch Turkey Burger (4Oz) Com and Black Bean Salad (4Oz) Melon Wedge (1Each) Lemon Bar (1Each)	Day 3 Breakfast Orange juice (40z) Cream of Wheat (60z) Cold cercal (60z) Sausage Gravy over a Biscuit (40z)
Dinner Rotisscric Chicken (40z) Loaded Mashed Polatoes (40z) Vegetable Medley (40z) Dinner Rolls (1Each) Pudding Parfait (40z)	Lunch Homestyle Pizza (1Slice) Caesar Salad (4Oz) Fruit Cocktail (4Oz)	Day 4 Breakfast Orange juice (4Oz) Grits (6Oz) Cold cercal (6Oz) Omelet (3Oz) Bacon (2Slice) Bran Muffins (1Each)
Dinner Lemon Pepper Cod (4Oz) Noodles Romanoff (4Oz) Broccoli (4Oz) Cheddar Biscuit (1Each) Boston Cream Pie (1Slice)	Lunch Roast Beef and Cheddar on Onion Bun (1Each) Curly Fries (4Oz) Three Bean Salad (4Oz) Applesauce (4Oz)	Breakfast Orange juice (4Oz) Oatmeal (6Oz) Cold cercel (6Oz) French Toast (2Slice) Breakfast Sausage links (2Each)
Dinner Santa Fe Chicken (40z) Fiesta Rice (40z) Buttered Com (40z) Dinner Rolls (1Each) Pears (40z)	Lunch Grilled Metts (1 Each) German Potato Salad (40z) Sweet and Sour Cabbage (40z) Apple Crisp (40z)	Day 6 Breakfast Orange juice (4Oz) Cream of Wheat (6Oz) Cold cereal (6Oz) Scrambled Eggs (2Oz) Canadian Bacon (2Oz) Biscuit (1Each)
Dinner Stuffed Ravioli with Sauce (4Oz) Tossed Salad (4Oz) Garlic Bread (1Slice) Chocolate Ice Cream (1Each)	Lunch Sunshine Plate (1Each) Crackers (3Each) Fruit cup (4Oz) Chocolate Chip Cookies (2Each)	Day 7 Breakfast Orange juice (40z) Grits (60z) Cold cerval (60z) Pancakes (2Each) Bacon (2Slice)



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▶ Diet Exceptions

Reports

Reports







































PREPARATION

Start Date. 11/12/2012

For tim (09/16) : 30 (7) : Day 2

Show Report

Print Report

Export To Excel

Note. Reports are printed two ways, on program or by exporting to Excel. It is recommended that you print preview all reports. Use the page set up feature to make adjustments with size. margine and spacing

Formatting of the reports can only be done in Excel in Excel you have the ability to create borders format font coloring, adding pictures and more

You can also delete or add and change the stams in Excel. For example you can add "bread and hilk offered deliy" on Week at a glance under each meal in the center and delete it off each day in Excel. This will create a "fess methodorial" look or if you are part of a CCRC you can add additional antrée or stams that are offered in dining room

are pair or a Correl you can accommend on across one and others or an and others are the analysis of you apport the holdey menu will not show it it is passed already because the program well update, but the previous exported spreadsheet will not reflect the resumption of manu without holiday

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Preparation Report for *Master Site

Recipe Needed French Toast Roast Beef	Next Dny Prep Raspberry Poke Cake Seasoned Rice Mandarin Coleslaw	Freezer Pull	Sunday, 11/11/2012
Recipe Needed Apple Sausage Bake	Next Day Prep Pork Scallopini	Freezer Pull	Monday, 11/12/2012
Recipe Needed	Next Day Prep Bacon Blueberry Muffin Coleslaw	Freezer Pull	Tuesday, 11/13/2012
Recipe Needed Blueberry Muffin Boiled Parslied Potatoes Coleslaw	Next Day Prep Breakfast Sausage Spinach Lasagna Rolls	Freezer Pull Russian Chicken	Wednesday, 11/14/2012
Recipe Needed	Next Day Prep Bacon	Freezer Pull	Thursday, 11/15/2012
Recipe Needed Roasted Sweet Potato Wedge	Next Day Prep Muffin Quiche Apple Pic	Freezer Pull	Friday, 11/16/2012
Recipe Needed Apple Pie	Next Day Prep	Freezer Pull	Saturday, 11/17/2012



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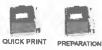
















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ALTERNATE PRODUCTION

Start Date 11/12/2012

For tim (09/16) : 30 (7) : Day 2

End Date: 11/12/2012

Show Report

Print Report

Export To Excel

Note. Reports are printed two ways, on program or by exporting to Excel. It is recommended that you print preview all reports. Use the page sat up feature to make adjustments with size, margins and spacing

Formatting of the reports can only be done in Excel in Excel you have the ability to create borders, format font, coloring, adding pictures and more

You can also delate or add and change the items in Excel. For example you can add "bread and Milk offered deliy" on Week at a glance under each most in the center and delete it off each day in Excel. This will create a "less institutional" look or if you are part of a CCRC you can add additional entrée or items that are offered in dining room

Caution. Always export to Exce, from RMM, this will ensure information is current, for example if you export a week with a special menu in it for a particular holday, the next time you export, the holday menu will not show if it is passed already because.

the program will update, but the previous exported spreadsheet will not reflect the resumption of manu without holiday

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Alternate Menu Daily Production (*Master Site) Sunday, 11/11/2012

	Service instructions
Hamburger (3 Oz)	
Ground	
Pureed	
Grilled Cheese Sandwich (1 Each)	
Pureed	
Grilled Chicken (4 Oz)	
Ground	
Pureed	
Chicken Salad (3 Oz)	
Pureed	
Serve on bread	
Peanut Butter Sandwich (1 Each)	
Pureed	
Ham Sandwich (1 Each)	
Ground	
Pureed	
Chef's Salad (6 Oz)	
Chopped	
Substitute No Ham or Tomato [Renal, Renal /LCS]	
Pureed	
Notes and Comments:	

Service instructions	Amou	nts		
			_	

Total	Diet Name	Dinin Ro g Roo m S m vio	
12	Finger Foods	10 2	
0	LCS	0 0	5
14	Mech	5 9)
3	Puree	0 3	3
34	Regular	0 34	4
8	Renal	7 1	



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Menu Manager

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TEMPERATURE

Start Date:

11/12/2012

For tim (09/16) : 30 (7) Day 2

Additional Information:

Hot food 165 Cold food b

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Pnnt Report

Export To Excel

Note: Reports are printed two ways, on program or by exporting to Excel. It is recommended that you print preview all reports. Use the page sal up feature to make adjustmens with size, margins and spacing

Formatting of the reports can only be done in Excel in Excel you have the ability to create borders format fort coloring adding pictures and more

You can also delete or add and change the items in Excel. For example you can add "bread and Milk offered delty" on Week at a glance under each meal in the center and delete it off each day in Excel. This will create a "less institutional" look or if you are part of a CCRC you can add additional entries or stems that are offered in dining room

Caution: Always export to Excal from RMM, this will ensure information is current, for example if you export a week with a special menu in it for a perfocular holiday, the next time you export, the holiday menu will not show if it is passed already because the program will update, but the previous exported apreadsheat will not reflect the resumption of menu without holiday

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Food Temperature Sheet. *Master Site community. all food at 165 or what ever your standard is Dinner

Friday, 11/09/2012	Saturday, 11/10/2012	Sunday, 11/11/2012	Monday, 11/12/2012	Tuesday, 11/13/2012	Wednesday, 11/14/2012	Thursday, 11/15/2012
Meatloaf, Home Style	Tossed Salad	Pork BBQ on a Bun	Oven Baked Fish	Stuffed Cabbage with Tomato Sauce	Italian Vegetable Bean Soup	Meat Loaf
Ground	Substitute No tomatoes [Renal. Renal /LCS]	Substitute Plan Pork Sandwich [Renal Renal /LCS]	Seasoned Rice	Substitute 2 oz Meatballs [Mech, Renal, Crackers Renal /LCS]	Crackers	Pureed
Pureed	Pureed	Pureed	Mandarin Coleslaw	Substitute Pureed Eeef [Puree]	Puree in soup	Substitute Serve as sandwich [Finger Foods]
Chunks	Assorted Dressing	Substitute Use Hot Dog Bun [Finger Foods]	Fruit Medley	Substitute 3 oz Meatballs [Finger Foods]	Grilled Chicken Sandwich	Oven Browned Potatoes
Beef Gravy	Puree if not smooth	Cucumber Slices		Mashed Potatoes	Ground	Substitute Alternate [Renal, Renal /LCS]
in cup for dipping	Substitute Only Low Sugar Dressing [LCS]	Substitute Only Low Sugar Dressing [LCS] Garden Vegetable Dip		Pureed	Pureed	Pureed
Mashed Potatoes	Johnny Marzetti	Potato Chips		Substitute Tater Tots [Finger Foods]	Lettuce/Tomato/Onion	Buttered Corn
Pureed	Pureed	Substitute Macaroni Salad [Renal LCS. Renal /LCS]		Substitute Noodles or White Rice [Renal, Renal /LCS]	Coleslaw	Substitute Green Beans [Mech]
Substitute Tater Tots [Finger Foods]	Substitute Baked Ziti [Finger Foods]	Substitute Puree Macaroni Salad [Puree]		Cottage Cheese	Finely Chop or Substitute	Substitute Puree Green Beans [Puree]
Substitute Noodles or White Rice [Renal. Renal /LCS]	Corn Bread	Orange Wedge		Substitute Scrambled Eggs [Renal. Renal /LCS]	Puree	Dinner Rolls
Broccoli	Pureed			Pureed	Substitute Marinated Cucumbers [Renal. Renal /LCS]	Pureed
Pureed	Mandarin Oranges			Substitute Cheese Cubes [Finger Foods]	Vanilla Pudding	Peaches
Peach Cobbler	Puree			Dinner Rolls	Substitute Angel Cake [Renal Renal /LCS]	Puree
Pureed	Drain			Pureed	Substitute Angel Cake [Finger Foods]	Drain
Substitute Diced Peaches [Finger Foods]				Strawberry Ice Cream		
Substitute SF Peach Cobbler [LCS]						

Food Temperature Sheet. *Master Site community. all food at 165 or what ever your standard is Breakfast

Friday, 11/09/2012	Saturday, 11/10/2012	Sunday, 11/11/2012	Monday, 11/12/2012	Tuesday, 11/13/2012	Wednesday, 11/14/2012	Thursday, 11/15/2012
Assorted juice	Assorted juice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice
No Prune or orange juice]	No Prune or orange juice]	Substitute Apple or CBJ [Renal, Renal /LCS]	Substitute Apple or CBJ [Renal Renal /LCS]	Substitute Apple or CBJ [Renal, Renal /LCS]	Substitute Apple or CBJ [Renal, Renal /LCS]	Substitute Apple or CBJ [Renal.
Cold Cereal or Hot Cereal	Cold Cereal or Hot Cereal	Cold Cereal or Hot Cereal	Cold Cereal or Hot Cereal	Cold Cereal or Hot Cereal	Cold Cereal or Hot Cereal	Cold Cereal or Hot Cereal
Substitute No Raisin	Substitute No Raisin	Substitute No Raisin	Substitute No Raisin	Substitute No Raisin	Substitute No Raisin	Substitute No Raisin
Wheat or Oatmeal	Wheat or Oatmeal	Wheat or Oatmeal	Wheat or Oatmeal	Bran, Shredded Wheat or Oatmeal	Bran, Shredded Wheat or Oatmeal	Bran, Shredded Wheat or Oatmeal
Duran if cold carcal	[Kenal, Kenal /LCS]	[Renal, Renal /LCS]	[Renal, Renal /LCS]	[Renal, Renal /LCS]	[Renal, Renal /LCS]	[Renal, Renal /LCS]
Fulse il colo cereal	Puree if cold cereal	Puree if cold cereal	Puree if cold cereal	Puree if cold cereal	Puree if cold cereal	Puree if cold cereal
IN MUS IT HOL	In Mug if Hot	In Mug if Hot	In Mug if Hot	In Mug if Hot	In Mug if Hot	în Mug if Hot
Scrambled Eggs	Cheese Omelet	French Toast	Scrambled Eggs	Sausage Gravy over a Biscuit	Scrambled Eggs	Hard-Cooked Eggs
Pureed	Pureed	Pureed	Pureed	Ground	Pureed	Pureed
Substitute Hard Cooked Egg [Finger Foods]	Substitute Plain Omelet [Renal, Renal /LCS]	Cut in strips	Substitute Hard Cooked Egg [Finger Foods]	Substitute Scrambled Eggs [Renal, Renal /LCS]	Substitute Hard Cooked Egg [Finger Foods]	Breakfast Sausage
French Toast	Bacon	Syrup	Apple Sausage Bake	Pureed	Bacon	Ground
Pureed	Substitute Grd sausage [Mech]	Substitute Cup for dipping [Finger Foods]	Cut in strips	e on biscuit ch	Substitute Grd sausage [Mech]	Pureed
Cut in strips	Substitute Egg (if on give double portion) [Renal, Renal /LCS]	Pureed	Pureed	Banana	Substitute Egg (if on give double portion) [Renal, Renal /LCS]	English Muffin
Syrup	Substitute Puree sausage [Puree]	Substitute Diet Syrup [LCS]		Substitute Pound Cake [Renal, Renal /LCS]	Substitute Puree sausage [Puree]	
Substitute Cup for dipping [Finger Foods]	Toast	Bacon		Puree	Blueberry Muffin	
Pureed	Pureed	Substitute Grd sausage [Mech]			PUREED	
Substitute Diet Syrup [LCS]	Jelly	Substitute Egg (if on give double portion) [Renal, Renal /LCS]			HALF [LCS]	
	Substitute Diet Jelly [LCS]	Substitute Puree sausage [Puree]				

Food Temperature Sheet. *Master Site community. all food at 165 or what ever your standard Is Lunch

Friday, 11/09/2012	Saturday, 11/10/2012	Sunday, 11/11/2012	Monday, 11/12/2012	Tuesday, 11/13/2012	Wednesday, 11/14/2012	Thursday, 11/15/2012
Hearty Vegetable Beef Soup	Baked Cod	Roast Beef	Cream of Asparagus Soup	Pork Scallopini	Potato Crunch Fish Filet	Spinach Lasagna Rolls
chopped vegs/ beef	puree	ground	Substitute Alternate Soup [Renal, Renal /LCS]	Egg Noodles	Boiled Parslied Potatoes	Broccoli
Substitute chicken noodle soup [Renal, Renal /LCS]	Substitute fish sticks [Finger Foods]	Pureed	Substitute Pureed afternate soup [Puree]	Puree	Rice or	Pureed
Pureed	Baked Sweet Potato	in strips	Crackers	Substitute Penne	Pureed	Breadstick
in mug	Substitute Rice or Buttered Noodles [Renal, Renal /LCS]	Mashed Potatoes	Puree in soup	Tossed Salad	Green Beans	Pureed
Fresh Fruit Plate	Pureed	Pureed	Chicken Salad Sandwich	Substitute No tomatoes [Renal, Renal /LCS]	Pureed	Parmesan Cheese
Canned (Bananas OK)	Cut in Bite Size Pieces	Substitute Tater Tots [Finger Foods]	Pureed	Pureed	Dinner Rolls	Pistachio Delight
No oranges, bananas, cantaloupe or honeydew	Key West Vegetables	Substitute Noodles or White Rice [Renal, Renal /LCS]	Lettuce/Tomato/Onion	Assorted Dressing	Pureed	Pureed
Pureed	Pureed	Baby Carrots	Raspberry Poke Cake	Puree if not smooth	Plums	in mug
Cottage Cheese	Oreo Delight	Pureed		Substitute Only Low Sugar Dressing (LCS)		
Substitute Scrambled Eggs [Renal, Renal /LCS]	Substitute Alternate Dessert [Renal, Renal /LCS]	Parmesan Biscuit		Dinner Rolls		
Pureed	Pureed	Fruit of the Forest Pie		Pureed		
Substitute Cheese Cubes [Finger Foods]				Pineapple Chunks		
Oatmeal Cookies				Substitute Peaches		
Substitute Sugar Cookie [Mech. Renal. Low Fat/Low				Drain		
Chol, Renal /LCS]						
1 Capkie II CSI						

Resouce shelf files



- ➤ Expert from the "Food Service Tune Up" book on how to set up an order guide
- ➤ Newly revised Diet manual
- ➤ Selection of professional PDF satisfaction Surveys
- **>**User manual
- ➤ Form for tracking menu changes before entering in the system
- ➤ Complete file of Master Cook recipes

Order Guide

An order guide can ensure ordering efficiency, stabilize inventory, limit substitutions due to run outs or over stocks, track and document product costs, help keep food cost on target and allow a substitute to place an accurate order in the absence of your usual person. In addition to all of this, Order guides contribute to food quality and safety by ensuring the you order known products whose characteristics are suited to your recipes and production methods. In the know............

How to set up your Order Guide

- Complete a comprehensive inventory list of items required to produce the menu. Organize the list by storage area. This list should flow from inventory sheet to storage shelves ("sheet to shelf") and should not include dead stock. For example, as you walk in the store room, the inventory list should start with the first item on the shelf and work its way to the other end. This process needs to be completed for the freezer, cooler and reach in coolers and all other storage areas.
- Set up (or have your vendor rep do so) the order guide on the computer so it flows in the same manner as your inventory list throughout all storage areas.
- Print off a master copy; this will be the base for your order guide.
- Establish par levels for all par stock items sugar, creamers, butter, flour, cereal, rice etc., and enter them on the master order guide
- Take the menu and group the days together that equal an order. For example, if you have a five-week cycle menu (Monday-Sunday) and you order twice a week (e.g. Wednesday and Saturday), then you will have ten groupings of orders. The order you place on a Wednesday would normally come in on Thursday, but you wouldn't start using it until Friday... in case there is a delivery problem. The order you place Wednesday would cover food needed for Week 1 cycle—Friday, Saturday, Sunday and Week 2 cycle—Monday. The order you place on Saturday would normally come in on Monday, and would cover food needed Week 2 cycle—Tuesday, Wednesday and Thursday.
- Order the specific non-par stock items: entrees, vegetable, starch, breads dessert, etc., and all par stock items needed for service, pre-prep and freezer pulls through the next order date. Amount ordered should be:

Amount needed for the order cycle **Minus** amount on hand

Plus amount to be used prior to and including delivery date **Equals** amount to be ordered

 Use inventory list to complete a monthly inventory at the designated day each month.

Tip... Keep a separate order guide for your china, flatware and serving utensils. Include: par level, reference the type, pattern, vendor and any other specifications that will help you order the same thing. This will save you from many problems when you want to reorder later on. See order guide set up sheet

Taken from: The Food Service Tune Up by Tim Bauman and Wayne Toczek

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Thank You for Your Order, Enjoy the Books

Order Customization Sheet

Purchasing Group			
Groceries			
Canned Fruits Light Syrup Juice Water			
Canned Vegetables	[these typically	y will be higher i	in sodium]
	ble:		
Yams Three bean s	salad		
Canned Soup Canned Frozen [put List acceptal	x beside item]		
Tomato Cream of M	ushroom		
Individual Soups [a	Iternate is to m	ove to muffin tir	frozen method]
Tomato Cream of M	ushroom		

Sauce	s:				
	List acceptable:				
					- -
Pasta					
	Dry Frozen Lasagna Sheets	S			
	Egg Noodles Other	<u> </u>			-
Condi	ments				
		Salt Sub Mrs Dash	_	McCormick Sp	pice Blend
Anamo	olies				
Puree	-				
	Pre-made frozen Canned Other		Other		
Floor S	Supplies Snack Cart Bulk Pre-packaged				

List:	
	
·	
Coffee	
Frozen	Regular
Liquid	Decaf
Grounds	
Salad Mixtures	
Marconi	Other
Coleslaw	Potato
Carrot Raisin	
Frozen Goods	
Prepared entrees	
Cabbage rolls	Other
Salisbury steak	Outer
Lasagna	
Stuffed Peppers	
Meat Loaf	
Juice	
Canned	V-8
Mix	Tomato Juice
RTU Cont.	Prune
Machine	
Bag in Box	
Shelf Stable	
	Nectar
Sandwich meats	
Sliced	Mixtures
Deli	Tuna Ham
	Egg
	Chicken ——

Meats						
		Pre-cooked				
Тур	е	D				
	Groun	Raw d	80/20	85/15	75/25	
	Top R					
		n Round				
	Beet k	Knuckle				
	Turkey	white Bone-in Skinless	white/	dark		
	Chicke	- n				
	Cinok	Breast				
		Thigh				
		Pulled Diced				
		Bone in qrts				
		Bone in Breas	t			
	Course					
	Sausag	Pre-cooked				
		Patties				
		Links				
		Ground				
	Васоп					
		Per Pound				
	Hot do	gs				
	Hambu	ırgers				
		_				
Thicker	ı liquid	S				
		Pre-thickened				
		Powder				
		Packets				
		Liquid				
Suppler	nents					
		4 oz shakes			Other	
		Pudding Powder				

Food Service Tune-up

Puree bread	
	Slurry
	Novaris Mix
	Bread crumbs (in products)
	Bread slices (in products
Pies/Cakes	
Pies	
	RTU
	RTB
	Scratch
	Shells
Cakes	
	Mixes
	Frozen
	What type of brand mix:
Sugar Free	
_	Made
	Bought
	Mix
Frozen baked	goods
	Biscuits Frozen
	Biscuits Mix (dry)
	Pancake Mix
	Pancake Frozen

INNOVATIONS SERVICES

NUTRITIONAL CONSULTING PROGRAM

DIET MANUAL

Third Edition

Compiled by

Innovations Services, Inc. 102 Parsons Street Norwalk, Ohio 44857

www.innovaservices.info 1-419-663-9300

Pg. 1.

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Preface

This Diet Manual is designed as a resource to guide and assist the physician, dietitian, dietary staff and other members of the healthcare team to promote optimal nutritional care for all residents. It represents the clinical dietitian's interpretation of current concepts of geriatric nutrition and has been approved by the medical staff. It was developed in accordance with applicable statutes (see box, below).

Descriptions and Indications for each diet are provided. A statement of nutritional adequacy of each diet is included (using The Tuft's Food Guide Pyramid for Older Adults which is based on the National Research Council's Recommended Dietary Allowances [RA]).

Physicians are requested to read and follow the procedure for ordering diets. Diet orders which adhere to the facilities diet philosophy will result in prompt and accurate service by the nutrition staff.

A Registered and Licensed dietitian is available from Innovations Services for clarification of any aspect of the diet manual.

Paragraph (B) of rule 3701-17-18 of the Administrative Code for Ohio specifies, "Menus shall be varied and be based on a standard meal planning guide published or approved by a licensed or registered dietitian in accordance with acceptable standards or practice". Then paragraph (F) of rule 3701-17-18 of the Administrative Code for Ohio specifies, "Each nursing home shall provide nourishing, palatable and attractive meals that provide the recommended dietary allowances of the Food and Nutrition Board of the National Academy of Sciences. Food shall vary in texture, color and seasonal items. The food shall be prepared and served in a form that meets the resident's needs based on the assessment conducted pursuant to rule 3701-17-10 of the Administrative Code".

Dining room 2pp
Dining room 4pp
Dining room full page
Quick survey
Satisfaction 2pp
Satisfaction 4pp
Satisfaction full page
Service and dining
State survey style questions 2pp
Taste temp appearance full page
State style question for NC 1page



Let us Know?



Please Check One

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6

Questions	Yes, Alerto	September 1987	10 A	No. Novel
Do you get enough to eat?		0		
Is the food tasty?	10	(3)	- Company of the Comp	1
Can you get a variety of foods you like?	3			(\$
Is the food the right temperature? (hot food hot, cold food cold)	•	The second second	:1	(3)
Is the dining area a pleasant place for you to eat?				
Do you like the way your meals are served here?	(i)		:1	*()

i		
		Your Name
		>

Comments

Date_

optional







Let us Know!



Please Check One

Questions	Yes, Alexander	The State of the last	By Berly Ber	Ho, No
Do you get enough to eat?	(3)		6	
is the food tasty?	(13)		12	pc,
Can you get a variety of foods you like?		©	R	(16)
is the food the right temperature? (hot food hot, cold food cold)	2.0		120	0.
Is the dining area a pleasant place for you to eat?	8	8	(6)	100
Do you like the way your meals are served here?	43	**	11	ps
Your Name	Date			
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Let us Know!



Please Check One

Questions	Post Adminis	To be seen	in the second	No. Horse
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Can you get a variety of foods you like?	9	(2)	office	
is the food the right temperature? (hot food hot, cold food cold)	**		(4)	7.
Is the dining area a pleasant place for you to eat?	(8)	(6)	(2)	
Do you like the way your meals are served here?	To read or management		12	₹.
Comments				
Your Name	Date			



Form Food I up



User Manual

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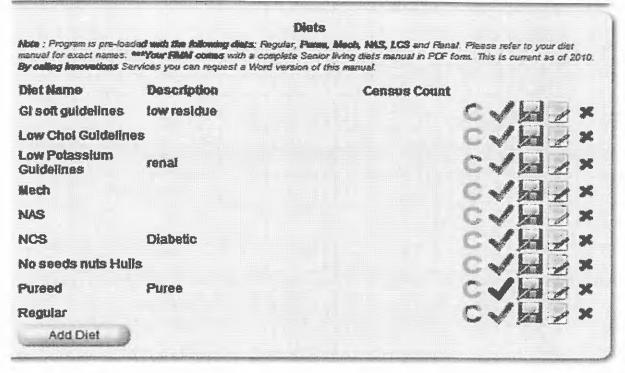
GETTING STARTED - CUSTOMIZE YOUR COMMUNITY

Getting started in Resident Menu Manager is easy and straightforward. You begin by defining and Customizing your Community. Identifying and labeling your facility's basic dietary requirements can be done on this screen. Meal names, food consistencies, and individual food group requirements are designated here.

Start by naming your meals according to the community's regional preference (i.e., dinner vs. supper, etc.)

	Customize your Community
Meal names	
1. Breakfast	Note: Meal names appear on all reports; these fields are left open for
2. Lunch	communities that wish to call meals by different names such as "Supper". The Fourth section is for communities that may offer an additional meal or even
3. Dinner	Breakfast Buffet, Breakfast, Lunch and Dinner. Keep in mind the order in which meals appear are dictated by the numbers in the boxes.
4.	
Save	

Resident Menu Manager also allows you to specify the particular dietary requirements of your Residents according to the most common needs. You may also add a customized diet by clicking on the "Add Diet" button.





The final first step in getting started is to customize the basic nutritional requirements of your Resident Community. The "Add" button allows you to customize for your Residents' particular needs.

	Food Groups and Carbon	lydrates	
Name	Description	Daily Value	
Breads and Grains	sewings	6	
Carbohydrates	15g per serving	17	
Fruits and Vegetables	servings	5	
Meat and Proteins	OURCES	6	
Milk and Dairy	servings	2	
Vitamin A source	every other day	0.5	
Vitamin C source	servings	1	
Add			6

Having completed defining your facility's basic dietary needs, you are ready to address the "Menu" section.

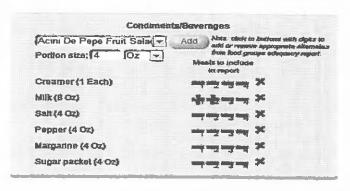
Note: The following icons are used consistently throughout RMM:



Delete Item -This icon is used to denote a "delete" command.



Edit Item -This icon is used to denote an "edit" command.



In the condiment/beverage section, the plus and minus sign allows users the ability to include the food item such as milk in the daily food group count. Simply click on the minus sign to active for specific meals.

Quick start: MENU MANAGER

Overview of program

The Menu Manager is designed to provide all the tools need for a proper production system. Here is how it works ... The program uses recipe information from the Master Cook program [consumer rated the 2nd easiest program to operate] the recipes are exported from the program and imported into the menu manager. The information taken includes: Recipe name, ingredients and certain nutrition data: [Calories, Fat, Protein, and Carbohydrate, trace Dietary Fiber, Cholesterol. Sodium]

Note this information can be edited, customized and updated as needed by using Master Cook or the Menu Manager program

Getting started:

STEP ONE:

Customize Your Community section:

Meal names

- You can rename meal names if needed. Review the diets you can add edit and copy [use save as function]
- What is the difference between Adding or Save As: "Adding" is for a new diet but "Save As"
 allows you to copy the diet over and make adjustments to diets, this is best used for creating
 combination diets from the basic list
- Edit simply changes the name only
- Have more than 3 meals please see user manual for how to set up

Diets/ Meal categories

- If there are diets you are not using or have in house at the present time you can make "Inactive" or if the diet will never be used under any circumstance it can be deleted
- Have more categories such as Assisted living, Independent, others or want to include additional information on the production report regarding production amounts please see user manual for how to set up

Dining locations

 This section allows you to set up the diet census by area such as main dining room or floor dining rooms. The production sheet will all the production staff to see the total diets need and then how it is distributed by area

Food Groups and Carbohydrates

This area is preset with daily requirements per group; this is based on the electronic diet manual on the book shelf

Nutritional information

This area shows what nutritional information can be presented if selected in Report function. You can add ,edit or delete the amount of info you would like to change

STEP TWO: How to Use: Create a menu period and then create cycles to add in to the period

Menu calendar

Menu period

Set up a menu period this will be the starting point of your menu it is the range that runs your cycle with in the period, the menu will run until you set up another starting point.

Menu Cycle

Develop menu cycles, determine the days it will run, use traditional seven days or you can set your own length

Remember the menus just need added to the beginning, they will then cycle through until either a new menu period is create or if a special menu is triggered

This program has preloaded menus and they are available for viewing in the report section under: QUICK PRINT. These can be edited and renamed and then added to your menu period. Simply decide on the weeks you desire or best fit your community and edit and add to the menu period

Special menus can be added also by date amounts, please see user manual for how to set up and use

STEP THREE:

Menu: How to use: click on day you want to modify and use icons to the right to perform the editing functions

Daily menu

- Use the calendar or drop down box to edit the day you want to work on, the view allows you to see three days before and three days after. Simply add in food items by using the drop down box before adding in the menu you can change portion size and measure or designate as an afternate item [note alternate items are not counted in the menu food groups]
- This is the core of the menu creation and editing. Users can add items, switch or rotate [lunch and dinner] meals, copy meals and delete.
- As you add items you can choose to approve or modify for diets and also select the "off "mode for diet selection. If this is selected you must approve or modify food items in the Food item file tab. The filter function allow for week by week filtering each cycle
- If there is a food item not listed you can add it in the menu mode , however

Alternate menu

 This area allows you to set up your "Always Available " menu, Users can also set up rotating cycles

Condiments/ beverages

This is a onetime field set up that designates the standard condiments offered

Food items How to use: select the food item you want to modify by filtering by week or day or use the search function by alpha recall

Edit, add and set menu item features. This area allows you to modify the food item traits such as:

- Portion size: set the way food items will be presented on the production sheets
- Serving instructions: this allows the user to describe how the items could be garnished or served
- Serving measure this allows the user to designate serving utensil or measurement
- Food groups: This allows the user the ability to assign a food group so it can be measured and tracked. This can be useful to determine menu changes
- Prep: This alerts the production staff to what should be prepare a day in advance
- Freezer pull this allows the user to be alerted to what needs to be pulled out in advance by the production staff
- Healthy choice: This is use to designate the healthy choice for food items that are lower in sodium, fat and sugar
- Recipe needed; this creates a list of recipes you will need to print from Master Cook for your production staff
- Diet exceptions the user can change and review menu approvals for the diets you offer, once set approvals are marked, they are saved for all future use

- Ingredients
- This area allow you to edit and add in ingredients, this information is used in the grocery list report and also when using the ingredient search function

Diet Exceptions

• This area allows the user the ability to review what food items are approved or modified for each diet offered

Copy

• This function allow copies to be made of the food item, copying allows all the characteristics to be copied over and then modified as needed

Nutritional information

• This area allow s the user the ability to adjust or confirm the nutrient information of the food item

Reports: This area allows the user to print a variety of productive reports.

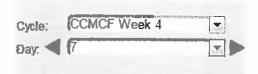
- View the report: Click on the report you want to print, select the date, date range or drop down option. You can instantly view by using the "show report "function"
- How to print reports [all reports are printable from the web or Microsoft Excel]
- Select the report; use the calendar to designate the date range except the following: ingredient search, quick print, food items and missing ingredients
- To print from the browser, follow the calendar, check box and drop down options
- Reports sent to Microsoft office are sent to the program and opened, they can be saved or edited in the program also

Menus to view or post by day or by week including the alternate menu and selection sheets, these are exportable to Microsoft Word also

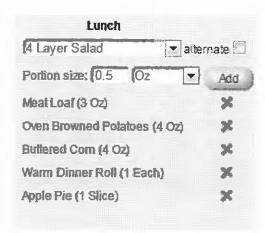
Menu Manager

Steps to make menu change:

- 1. Sign in to Menu Manager click on the menu tab at the top of the page. Click on Daily Menu from the drop down box.
- 2. Select the Menu Cycle and the Day of the cycle you wish to work on



3. To delete a menu item, double click on the item or click on the X to the right of the item



4. To add a menu item, begin typing the name of the item in the box that says "4 Layer Salad" above. The item will appear in the drop down list. Click on the item so it appears in the box, then click the Add button. The added menu item will appear at the bottom of the list. If the item is the entree or other menu item that should be located closer to the top, click and drag the item to the appropriate location.

NOTE: If menu item does not appear in the drop down list try alternate names or spellings for the item. i.e. If Meatloaf doesn't appear, try Meat Loaf, etc. It the item still doesn't appear, you will need to go to the Food Item tab and add it.

5. To Add a Food Item



Choose Food Items from the drop down box on the Food Item Tab and click the black Add box OR

Click on the black Add box on the Daily Menu screen. If you choose this option, you will have to revisit the food item from the Food Items tab to edit ingredient or diet approvals/exceptions.

In the box that appears, (see below) type the common name of the item you wish to add. Next, choose a *Portion Measure* from the drop down box, then enter the size portion desired in the *Default Portion Size* box. The *Serving Instructions* box is a free text box in which you may enter the serving utensil, number of cuts per pie, or garnish or condiment instructions.

Click on all of the food group boxes that are appropriate for a food item. i.e. for a pasta item, both Breads and Grains and Carbohydrates would be checked. If the portion size provides more than one unit of the food group, i.e., for a 3 oz. portion of Meat Loaf change the 1 to a 3 in the servings column.

For the same Meat Loaf item, the ground beef would need to be pulled from the freezer in advance and the Meat Loaf would be baked the day before service in most kitchens. In this case, click on the *Freezer Pull* and *Next Day Prep* boxes.

Name:				
Default Portion Size:		1		1
Serving instructions:				
Portion Measure:		Each	Terroring Co-Milling A. (Company)	
Food Group		Serv	ings	
Breads and Grains		[1		
Carbohydrates		1		
Fruits and Vegetables		1		
Meat and Proteins		[1		
Milk and Dairy		1		
Mtamin Asource		1	-	
Mamin C source		1		
Preparation Methods				
Freezer Pull Next Day Prep				
Create ingredient with the Recommended for heart		ame		
Save And New	Save		Cancel	1

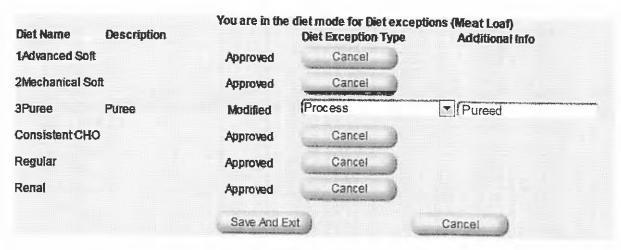
You should click on the *Create Ingredient with the Same Name* box when adding a food item that will have nothing added to it in the production process. i.e. Kiwi Fruit. This item would also meet the criteria for *Recommended for Heart* so you would also click on this box. If you were adding Meat Loaf you would click on the *Recipe Needed* box; if adding Kiwi Fruit, you would not.

After adding the food item, return to the daily menu screen and follow the steps for adding a menu item. The new food item will now appear in the drop down box.

6. Approving food items/diet exceptions

In healthcare communities, each food item needs to reviewed for appropriateness of use on each of the diets served in the community. To complete this function, click on the Approve box for each diet name than can be served the item. For those diets that cannot receive the item as produced, click on the drop down box in the Diet Exception Type column and select the type of modification necessary: Portion Size, Process, Substitute or Omit.

When a different item is needed, select Substitute and enter the item to be substituted in the Additional Info Column. This triggers the item appearing on the Grocery List. All entries in portion size, process and substitute categories will appear on the Production Sheet.



NOTE: If menu will not be served in a healthcare environment, check the *Without Approval* box on the Daily Menu screen.

6. Entering ingredients (needed for accuracy of the grocery list)

While still in the food item tab, click on the icon fruit on the same line as the food item. If a list of ingredients appears, compare the list to those in your recipe. Click on the red X to delete any items not in your recipe. If no ingredients are listed or your recipe has additional ingredients, enter the name of the ingredient in the Add New box.

For each ingredient, choose the correct storage location. This allows the grocery/inventory list to print out by storage area. Click on the Save bubble. When editing in this function make sure to click on the

blue disk (shown in the picture on the next page) to save your changes. To use this function, storage locations must be set-up in the Grocery List Customization Tab by your administrator.

	Meat L	oaf			
Black Pepper		Dry Storage			×
Garlic Powder		Dry Storage			34
Ground Beef		Walk-in Freezer	Z	H	0
Ketchup		Dry Storage			35
Liquid Eggs		Walk-in Freezer			×
Oriental or Panko Breadcrumbs		Dry Storage			×
Spanish Onions		Walk-in Freezer			×
Add new:	Dry Storage	▼ s	ave)		
	Cano	el			

It is also helpful to add condiments usually served with a food item as an ingredient, i.e. lemon wedge or tartar sauce with fish, so they will appear on the grocery list.

TIP: To keep your grocery list as simple as possible, make sure that you always enter the same ingredient, the same way. i.e. Parsley and Parsley Flakes could both be used for dried parsley. Decide which one you want to use and then use it consistently.

Your menu change is now complete using all capabilities of the Menu Manager program.



The menu is one of the driving forces behind any food service program. Menus are created in several different ways by vendors, with part of software provided program or the menu department in the organization, by consultant dieticians, or in-house using Word or Excel. All are adequate ways to manage the menu.

However, there are also limitations with them all such as automation, adjustments, flexibility, turnaround time, current data entry time, data entry restrictions, saving capabilities, approval of diets, production sheets, recipes, integrating guest counts, food exchange tracking, compatibility with other programs to enhance presentation when posting and presenting the menus.

There can be a dilemma over the program limitations, its user friendliness, the time it takes to produce the wanted results and regarding expectations of the results. Many programs produce menus in formats that are not easily editable, or sometimes the process of making changes is not easy or timely. Holiday or special meal records are not always kept. The time you take to create a menu and extension sheet is just the beginning. You then need recipes, production sheets, order guides, and sometimes even items like selector sheets for room service and menus for posting.

These very factors have been the driving force behind the creation of the Resident Menu Manager program. This innovative web-based program does all the things a dining services director would want a program to do and more. That is because it was designed by professionals who are operators in the field first and understand what it takes to run a productive, cost effective and excellent dining services program. We understand your time is limited and quick and easy turn around and useful information is needed. We have therefore developed this system to enable you to make changes to the menu daily or weekly with ease in response to customer comments and requests. Additionally, as changes are made they are carried through to food ordering and other tools for production such as:

- Production sheets [including freezer pulls, pre-prep, garnish, updated diet/production counts based on census]
- · Grocery lists of menu items and ingredients needed based on the recipe
- Controlled access to reports to prevent altering the menu



The program will not generate a grocery list that will tell the user EXACTLY HOW MUCH to order. However, it will alert the user to all ingredients need, even condiments and garnish by simply adding it to the program database. We feel as an industry standard, it is the manager or designee's responsibility to engage in the correct ordering procedure and to take an inventory.

Other functions available:

- Set up ordering of par level items
- > Actual physical counting of inventory against the upcoming menu
- > Adjustment of order based on needs, leftovers and recipe adjustments

Get useful information such as:

- Week at a glance menus that are exportable to Word and Excel, complete with dates in a "non" institutional format. Therefore, it is easy to customize the menus, i.e. add borders, graphics and make font enhancements. It also allows for the menus to be in a format that can be e-mailed. Because the program is driven by dates, information is always current and reflective of changes and with it being web-based, the user can access it from anywhere. Changes are tracked by date, item and user in a date range report, if needed.
- Extension sheets that are easy for staff to view and refer to when serving food items. Extended diets not being used can be inactive while not being used. This will give the user less to filter through while serving the meal or checking on a diet.
- Menus that are presentable and do not require retyping, that can be easily e-mailed or accessed.
- > Editing menus is easy as the program remembers permission for diets; extending is automatic unless prompted by the program.
- > The audit function also helps to ensure food items are not skipped over and allows the user to easily edit information.



- Production sheets are complete by meal and exportable to Excel. These sheets contain all critical production information such as:
 - ✓ Menu items, substitutes and modifications [with diets specified]
 - ✓ Production counts and tallies totaled and by location
 - ✓ Garnish is specified if appropriate
 - ✓ 2 day ahead freezer pull
 - √ 1 day in advance pre-preparation list

Special meals and events are added in the program and triggered by the date, which can be edited as needed to any date or year. For example, if you develop a nice Labor Day picnic style menu, you can run it endlessly by simply editing the date in the menu calendar.

Menu adequacy and nutritional analysis:

The basis for nutrition information is basically to ensure you are following the meal pattern according to your diet manual. Our program allows the user to set up the food pyramid guidelines and even add additional categories for food items. The menu you create is measured from this pattern. You can even track additional items such as Zinc. Simply add it in customize your community and then designate food items high in Zinc in the food item tab.

A detailed description for nutrition breakdown by recipe is available in the Master Cook program.

The food group and carbohydrate counting is done by the user for all new food items. The program comes pre-loaded with food items marked and can be easily edited based on your specific needs.

Total

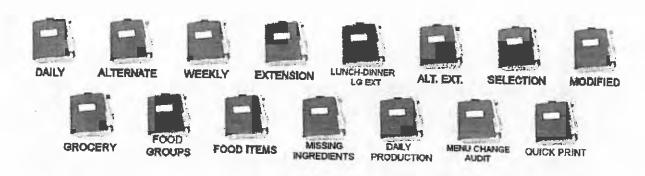
Vitamin A source Vitamin C source

Breads and Grains Fruits and Vegetables Meat and Proteins Milk and Dairy

Carbohydrates



Other optional reports and forms that are automatically generated are shown below:



Modified - lists reports for food items.

Missing Ingredients - tells the user what food items are in the program and related information. This allows the user to see information and understand what changes need to be made to the program.

Quick Print – This feature allows the user to view the pre-loaded menus in the system.

<u>Food Items</u> – This report allows the user to view all food items and pre-loaded information.

<u>Grocery Report</u> – This report is date driven. If a food item is designated for preprep or to be freezer pulled the system will include it in your grocery list. Also included are:

- Food items added without a recipe or ingredients
- Substitutes you have selected for diets, to alert the user to make sure they
 have on hand that particular substituted item

All report are exportable to Excel or can be printed directly from the site.



Bonus features and extras include:



- Excerpt from CEU book, "The Food Service Tune Up".
- Diet Manual in PDF format [customers can request Word version for easy editing and customization].
- o Customer satisfaction surveys Up in PDF format.
- Complete RMM User Manual with screen shots and easy to understand bullet points in PDF format.
- o Form to track changes and requests in PDF format.
- o Master Cook Book recipes book in Master Cook format.

We welcome you to visit our website: www.innovaservices.info and log in as: mailto:guest@innovations.com. Use the password: password to gain access and navigate through the program and try features. The User Manual is on the site as well and downloadable as a PDF.

Innovations Services Overview

Innovations Services, provides a range of information resources, software, tools, products and training services to dining service operations. Visit www.innovaservices.info for details. Examples include:

- Interim management
- · Clinical consulting



Login: click here

Please visit our web site: www.innovaservices.info for more information.

Adding New Menus to the Menu Manager Program



- 1. Take the attachment (zipped file) and save it to your desktop.
- 2. Unzip the folder by opening the folder then use the mouse to right click on

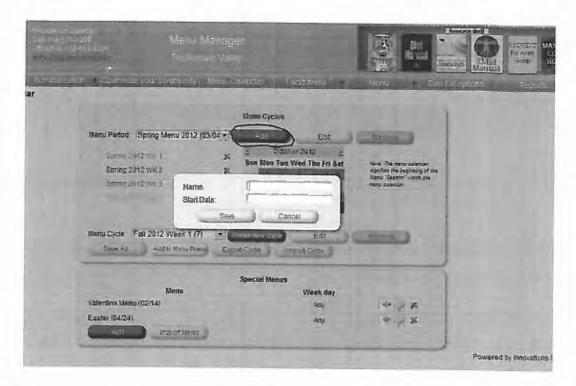


the file, select copy.

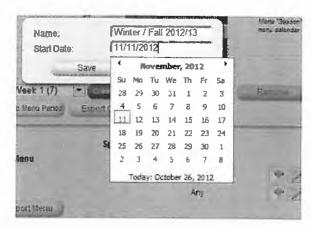


- 3. Go to the desktop and right click, select paste.

 The folder is now "un zipped or compressed and accessable.
- 4. Open your menu manager and go to menu calendar. Select add as seen below. This will be the "playlist for your 4 new menus

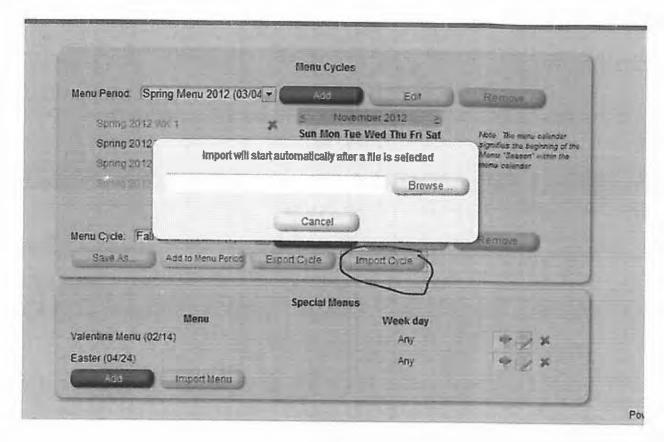


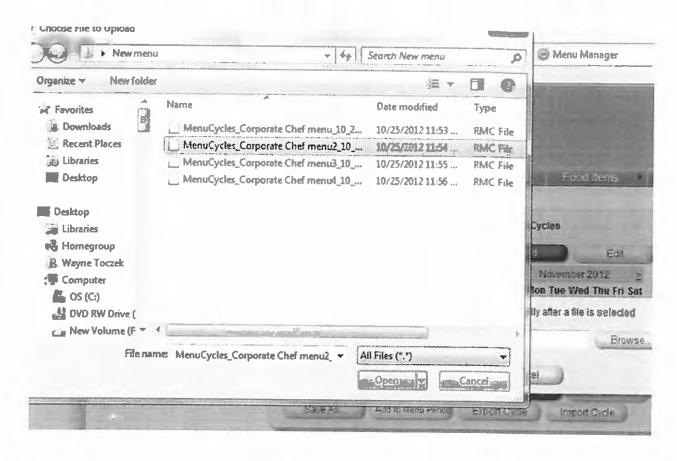
5. Name is as follows, and select a start date. [Please consult Chef Donald for date to start.] You can easily edit the date. The start date is the date of the day one cycle one and this will run thru all the menus in the period in an endless loop until you start a new period. [This will be for new menus to run in from Mary Grace]. 1,2,3,4,1,2,3,4,1,2,3,4,1,2,3,4 etc.....

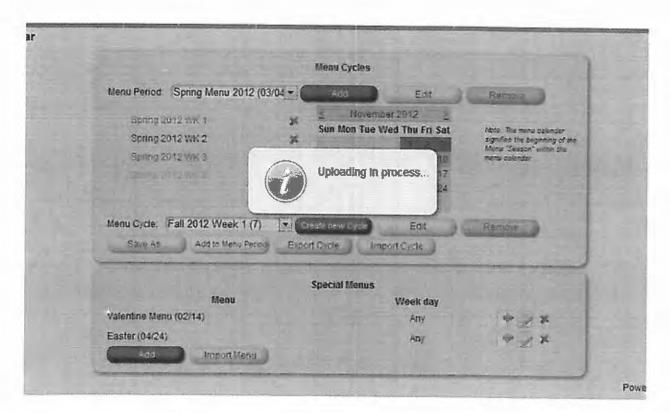


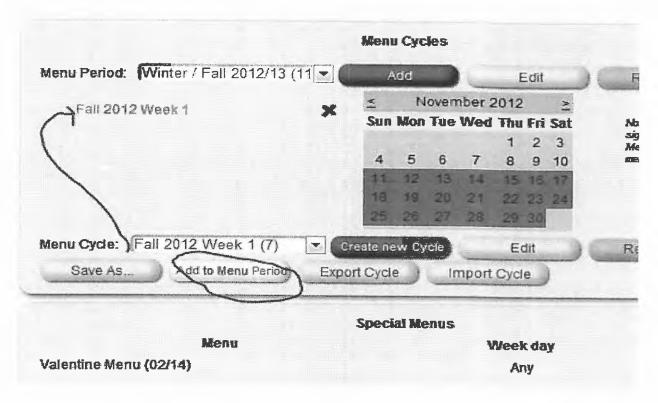
6. Now you have a period created and will need to add all four weeks of the menu to it. So the next step is to import cycles. Click on the import cycle and follow the browser to the folder that you unzipped and placed on your desktop. Select the first menu [note you can adjust the order as you add to the period or simply drag it once in the menu period to where you need in

order.] The system will name the menu as imported to the correct week FALL 2012.









7. Import the remaining cycles from the folder into the Menu Cycle list. Then you can add all four weeks to the menu period.

Menu Period: (Fall/Winter (11/11)		A	dd			E	dit		10	Remove
Fall 2012 Week 1	×				nber 2012 ≥			×	7 0	
Fall 2012 Week 2	×	Sun	Mon	Tue	Wed	Thu 1	Fri 2	Sat 3		Note: The menu calendar signifies the beginning of th
Fall 2012 Week 3	×	4	5	6	7	8	9	10		Menu "Season" within the gienu calendar
Fall 2012 treek.	×	510	12	13	14	15	16	174		
		25	28	27	28	24	30			
Menu Cycle: (Fall 2012 Week 1 (7)		reate ne	w Cy	cle		E	dit		100	Remove

Request for menu change

Cycle			
Day	PDV	LINOU DINNED	
Meal	BRK	LUNCH DINNER other	
Menu Item that needs	change	ed	
Replace with ? Justific	ation		
	rify tha	t all support systems have	been
changed Recipe		Menu	
Production sheet		Extensions	
Order Guide		Pre-prep	
Comments:			
		-	

Asian Fried Rice

Mary Molt, PH.D., R.D. Food for Fifty, Thirteenth Edition

Servings: 50

See p. 731 for spice toasting instructions.

Potentially hazardous food. Food Safety Standards: Hold food for service at an internal temperature of 135°F or above. Do not mix old product with new. Cool leftover product quickly, following time standards and cooling procedures on p. 167. Reheat leftover product quickly (within 2 hours) to 165°F or above. Reheat product only once; discard if not used.

NUTRITIONAL ANALYSIS: Because MasterCook's Ingredient List may not include all of the ingredients listed in this recipe, we have displayed the recipe's nutritional analysis as it appears in the FOOD FOR FIFTY book.

Calories 135 kcal Carbohydrate 26.5 g Protein 1.9 g Fat 2.6 g Cholesterol 4.7 mg Sodium 410 mg Fiber 0.2 g Iron 1 mg

3 lb 8 oz Jasmine Rice

4 1/4 qt Water

2 tbsp Margarine

2 tbsp Salt

4 oz Butter, un-salted

8 oz Sweet Onion, chopped

2 1/2 oz Fresh Ginger, minced

2 tbsp Garlic, minced

1 1/2 tbsp Whole Cumin, toasted, then ground (See Note)

1/2 C Catsup

2 tbsp Fish Sauce

2 tsp Sugar, Granulated

1 1/2 tsp Salt, Kosher

4 oz Green Onions, thinly sliced

Cook rice according to directions on p. 542. Chill rice and reserve for later step.

Heat butter in tilting fry pan. Add onion, ginger, garlic, and cumin. Sauté until fragrant, about 4 minutes.

Add catsup, fish sauce, sugar, and salt to sauteed vegetables. Simmer until the sauce is slightly thickened, about 5 minutes. Add rice reserved from earlier step. Stir-fry rice until thoroughly mixed and hot.

Stir in green onions and mix well. Transfer to 12 x 10 x 4-in pans.

Per Serving (excluding unknown items): 28 Calories; 2g Fat (74.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 311mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

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Asian Fried Rice

Mary Molt, PH.D., R.D. Food for Fifty, Thirteenth Edition

Servings: 126

See p. 731 for spice toasting instructions.

Potentially hazardous food. Food Safety Standards: Hold food for service at an internal temperature of 135°F or above. Do not mix old product with new. Cool leftover product quickly, following time standards and cooling procedures on p. 167. Reheat leftover product quickly (within 2 hours) to 165°F or above. Reheat product only once; discard if not used.

NUTRITIONAL ANALYSIS: Because MasterCook's Ingredient List may not include all of the ingredients listed in this recipe, we have displayed the recipe's nutritional analysis as it appears in the FOOD FOR FIFTY book.

Calories 135 kcal Carbohydrate 26.5 g Protein 1.9 g Fat 2.6 g Cholesterol 4.7 mg Sodium 410 mg Fiber 0.2 g Iron 1 mg

7 1/2 lb 8 oz Jasmine Rice 10 3/4 quarts Water 5 1/16 tablespoons Margarine

5 1/16 tablespoons Salt

10 1/16 ounces Butter, un-salted

20 1/8 ounces Sweet Onion, chopped

6 1/3 ounces Fresh Ginger, minced

5 1/16 tablespoons Garlic, minced

3 3/4 tablespoons Whole Cumin, toasted, then ground (See Note)

1 1/4 cups Catsup

5 1/16 tablespoons Fish Sauce

5 1/16 teaspoons Sugar, Granulated

3 3/4 teaspoons Salt, Kosher

10 1/16 ounces Green Onions, thinly sliced

Cook rice according to directions on p. 542. Chill rice and reserve for later step.

Heat butter in tilting fry pan. Add onion, ginger, garlic, and cumin. Sauté until fragrant, about 4 minutes.

Add catsup, fish sauce, sugar, and salt to sauteed vegetables. Simmer until the sauce is slightly thickened, about 5 minutes. Add rice reserved from earlier step. Stir-fry rice until thoroughly mixed and hot.

Stir in green onions and mix well. Transfer to 12 x 10 x 4-in pans.

Per Serving (excluding unknown items): 28 Calories; 2g Fat (74.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 311mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

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Baked Ziti With Four Cheeses

Pasta Recipes

Servings: 58

Potentially hazardous food. Food Safety Standards: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

1 2/3 gallons canned crushed tomatoes

1 1/4 quarts tomato puree

3 5/8 ounces onion, finely chopped

1 1/4 tablespoons dried basil, crumbled

3/4 tablespoon dried oregano, crumbled

1/4 pound fresh parsley, minced

5/8 teaspoon black pepper

1 1/4 ounces salt (1 1/2 tbsp)

3 5/8 pounds ziti

3 5/8 gallons water

3 5/8 ounces salt

1/8 cup vegetable oil (optional)

3 5/8 pounds cottage cheese

1 3/4 pounds mozzarella cheese, shredded

1 3/4 pounds swiss cheese, shredded

1/4 pound minced fresh parsley

1 1/4 pounds provolone cheese, shredded

Combine tomatoes and seasonings in steam-jacketed kettle. Cover and simmer about 10 minutes. Turn off heat.

Cook pasta according to directions on p. 369. Drain. Cooked yield should be about 6 lb 6 oz.

Layer as follows into two 12x20x4-inch pans:

- 1. 2 lb sauce
- 2. 1 lb 10 oz cooked ziti
- 3. 12 oz cottage cheese
- 4. 6 oz mozzarella cheese
- 5. 6 oz Swiss cheese

Repeat steps 1-5. Smooth 2 lb sauce over top.

Sprinkle 2 oz parsley over sauce. Sprinkle 8 oz provolone cheese over parsley. Cover. Bake at 350°F for 20-25 minutes or until 180°F and cheese melts.

Yield: 2 3/8 pans 12x20x4 inches

Per Serving (excluding unknown items): 314 Calories; 12g Fat (33.3% calories from fat); 19g Protein; 34g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 1449mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable: 1 1/2 Fat. Copyright: © 2004 by Prentice-Hall, Inc.

Baked Ziti With Four Cheeses

Pasta Recipes

Servings: 125

Potentially hazardous food. Food Safety Standards: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

- 3 5/8 gallons canned crushed tomatoes
- 2 5/8 quarts tomato puree
- 7 3/4 ounces onion, finely chopped
- 2 5/8 tablespoons dried basil, crumbled
- 1 3/4 tablespoons dried oregano, crumbled
- 5/8 pound fresh parsley, minced
- 1 1/3 teaspoons black pepper
- 2 5/8 ounces salt (1 1/2 tbsp)
- 7 3/4 pounds ziti
- 7 3/4 gallons water
- 7 3/4 ounces salt
- 1/3 cup vegetable oil (optional)
- 7 3/4 pounds cottage cheese
- 3 7/8 pounds mozzarella cheese, shredded
- 3 7/8 pounds swiss cheese, shredded
- 5/8 pound minced fresh parsley
- 2 5/8 pounds provolone cheese, shredded

Combine tomatoes and seasonings in steam-jacketed kettle. Cover and simmer about 10 minutes. Turn off heat.

Cook pasta according to directions on p. 369. Drain. Cooked yield should be about 6 lb 6 oz.

Layer as follows into two 12x20x4-inch pans:

- 1. 2 lb sauce
- 2. 1 lb 10 oz cooked ziti
- 3. 12 oz cottage cheese
- 4. 6 oz mozzarella cheese
- 5. 6 oz Swiss cheese

Repeat steps 1-5. Smooth 2 lb sauce over top.

Sprinkle 2 oz parsley over sauce. Sprinkle 8 oz provolone cheese over parsley. Cover. Bake at 350°F for 20-25 minutes or until 180°F and cheese melts.

Yield: 5 1/4 pans 12x20x4 inches

Per Serving (excluding unknown items): 314 Calories; 12g Fat (33.3% calories from fat); 19g Protein; 34g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 1449mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 1 1/2 Fat. Copyright: © 2004 by Prentice-Hall, Inc.

Baked Ziti With Four Cheeses

Calories (kcal):314% Calories from Fat:33.3%% Calories from Carbohydrates:42.5%% Calories from Protein:24.3%

Per Serving Nutritional Information

Total Fat (g):	12g	18%	Vitamin B6 (mg):	.3mg	14%
Saturated Fat (g):	7g	34%	Vitamin B12 (mcg):	.7mcg	11%
Monounsaturated Fat (g):	3g	15%	Thiamin B1 (mg);	.4mg	26%
Polyunsaturated Fat (g):	1g	3%	Riboflavin B2 (mg):	.4mg	21%
Cholesterol (mg):	35mg	12%	Folacin (mcg):	36mcg	9%
Total Carbohydrate (g):	34g	11%	Niacin (mg):	4mg	20%
Dietary Fiber (g):	3g	14%	Caffeine (mg):	0mg	N/A
Protein (g):	19g	39%	Alcohol (kcal):	0	N/A
Sodium (mg):	1449mg	60%	% Refuse:	•	
Potassium (mg):	561mg	16%			_
Calcium (mg):	375mg	38%	Food Exchanges	3	
Iron (mg):	3mg	18%	Grain (Starch):		1 1/2
Zinc (mg):	2mg	14%	Lean Meat:		2
Vitamin C (mg):	19mg	31%	Vegetable:		2
Vitamin A (i.u.):	1641IU	33%	Fruit:		(
Vitamin A (r.e.):	233RE	23%	Non-Fat Milk:		C
			Fat:		1 1/2
			Other Carbohydrates:		C

^{*} Percent Daily Values are based on a 2000 calorie diet.

A

Acini De Pepe Fruit Salad

Adobo Seasoning Blend

Alaska Seafood Stew

All Fired Up Blueberry Chutney

Amber Crab Soufflé

Ambrosia Fruit Salad

Amish Casserole

Amish Chicken

Amish Noodles

Ancho Chile Rub

Angel Food Cake

Angel Hair Pasta with Roasted Pepper Salsa and Chicken

Apple and Sausage Stuffing

Apple Cider Dressing

Apple Cinnamon Coffee Cake

Apple Cinnamon Filled Coffee Cake

Apple Cinnamon Oat Pancakes

Apple Cinnamon Stuffing

Apple Cobbler

Apple Crisp

Apple Crisp dessert

Apple Crumb Pie, Pureed

Apple Dumplings

Apple Fritters

Apple Muffins, Pureed

Apple Orchard Pork Chops

Apple Pear Salad

Apple pie

Apple Pie 1

Apple Pie turnover

Apple Pumpkin Bisque

Apple Raisin Pecan Stuffing

Apple Strudel

Applesauce

Applesauce Cake

Applesauce-Stuffed Tenderloin

Apricot and Bourbon Grilled Chicken

Apricot Filling

Apricot Glazed Chicken Breast

Apricot Nectar, Pureed

Apricot Pancakes, pureed

Apricot Pork Medallions

Apricot-Ancho Barbecue Sauce

Apricots

Arizona Baked Corn

Arroz De Coco

Artichoke Soup

Artichokes Stuffed with Italian Sausage

Asian Chicken Salad

Asian Dipping Sauce

Asian Fried Rice

Asian Marinade

Asian Omelet

Asian Orange Ginger Beef Wrap

Asian Sesame Sauce

Asian Spice Blend

Asian-Style Alaska Pollock

Asparagus & Cheese Stuffed Turkey Breast

Asparagus Quiche

Asparagus Spears

Asparagus, Pureed

Aspic Gelée

Au Gratin Potatoes

Autumn Vegetables and Pork Chops

Avocado and Crab Meat Sushi

В

Baba Ghanoush

Baby Artichoke and Oregon Hazelnut Sauté

Baby Carrots

Baby Shell Pasta Salad with Calamata Olives, Roasted Fennel and Grilled Sweet Onions

Bacon

Bacon 'n Eggs Crescent Sandwich

Bacon and Scrambled Eggs, Pureed

Bacon Dressing

Bacon, Lettuce, and Tomato Sandwich

Baja Fish Taco

Baked Acorn Squash

Baked Apples

Baked Barley with Mushrooms

Baked Beans

Baked Brisket Of Beef

Baked Butternut Squash

Baked Candied Sweet Potatoes

Baked Carrots and Apricots, Pureed

Baked Cheese Grits

Baked Chicken Curry and Noodle Casserole

Baked Chicken, Pureed

Baked Cod

Baked Custard

Baked Date Pudding

Baked Eggplant

Baked Fish Fillets

Baked French Toast

Baked Ham on a Roll, Pureed

Baked Ham Slice

Baked Ham with pineapple

Baked Ham with Waldorf Sauce

Baked Ham, Pureed

Baked Herb Chicken

Baked Italian Tomatoes and Zucchini

Baked Lasagna

Baked Lemon and Pepper Catfish

Baked Lima Beans

Baked Manicotti

Baked Omelet

Baked Onions

Baked Pork Chop with Gravy

Baked potato

Baked Potato Soup

Baked Potatoes

Baked Ravioli with Sauce

Baked Red Snapper

Baked Scrambled Egg Casserole

Baked Stuffed Potatoes

Baked Stuffed Shells

Baked Tilapia in Parchment

Baked Tomatoes

Baked Whole Salmon, Chilled

Baked yams

Baked Ziti With Four Cheeses

Baked Ziti with Fresh Tomato Sauce

BAKED ZITI WITH MEATBALLS

Baking Powder Biscuits

Baking Powder Biscuits 1

Baking Powder Biscuits 2

Balsamic Vinaigrette

Balsamic Vinegar Marinade for Vegetables

Banana

Banana Cake

Banana cream pie

Banana Curried Chicken

Banana July Cocktail

Banana nut Bread

Banana Punch

Banana Sweet Potato Puff Casserole

Banana Whole Wheat Muffins

Bananas Foster

Bananas, fresh pureed

Barbecue Beef Sandwiches

Barbecue Beef Short Ribs

Barbecue Rub

Barbecue Sauce (Cooked)

Barbecue Sauce (Uncooked)

Barbecue Seasoning Mix

Barbecued Beef

Barbecued Beef in Crusty Rolls

Barbecued Beef on Buns

Barbecued Chicken

Barbecued Chicken2

Barbecued Chicken Breast

Barbecued Pork

Barbecued Pork Ribs

Barbecued Spareribs

Barbeque Beef Sandwich Buns

Barley and Black Bean Salad

Barley and Vegetable Medley

Barley and Vegetables

Barley Casserole

Barley Tomato Risotto

Basic Fruit Punch

Basic Mixed Green Salad

Basic Muffins (Cake Method)

Basic Muffins (Muffin Method)

Basic Pancakes

Basic Pasta Salad

Basic Pie Dough

Basic Pie Dough 1

Basic Polenta

Basic Quiche

Basic Roll Dough

Basic Sauce for Cream Soup

Basic Sweet Roll Dough

Basic Tomato Sauce

Basic Vinaigrette

Basic Vinaigrette Dressing

Basil and Parmesan Bows with Sugar Snap Peas

Basil Vinaigrette Dressing

Basmati Rice and Lentil Pilaf

Batter-Fried Plantain

Bavarian Cream

BBQ Pork Spareribs

BBQ Ribette

Bean Ragout Over Grilled Parmesan Polenta

Beans & Weenies Casserole

Beans Baked

Béarnaise Sauce

Béchamel Sauce

Beef & Ceddar Sandwich

Beef & Cheddar Sandwich

Beef & Rice Soup

Beef - A - Roni

Beef and Bean Burrito

Beef and Bean Quesadillas

Beef and Bean Soup

Beef and Cheese Enchiladas

Beef and Parmesan Pasta

Beef and Radish Skillet with a Touch of Curry

BEEF AND RICE SOUP

Beef Barley Soup

Beef Bourguignon

Beef Bourguignon Fettuccine

Beef Broth

Beef Burgundy

Beef Burrito

Beef Consommé

Beef Fajita

Beef Fajitas

Beef Gravy

Beef Liver with Spanish Sauce

Beef Lo Mein

Beef Noodle Casserole

Beef Noodle Soup

Beef on Noodles

Beef Paprikash

Beef Pot Roast nw

BEEF SLOPPY JOES

Beef Stew

Beef Stew, Old Fashioned, Pureed

Beef Stock

Beef Stroganoff

Beef Tamala Pie

Beef Tenderloin with Garlic Glaze

Beef Tournedos Sauté with Mushroom Sauce

Beef Wellington

Beef, Pork, and Noodle Casserole

Beer-Battered Onion Rings

Beet and Corn Salad

Beets

Beets, Pureed

Belgian Endive, Ham, and Cheese au Gratin

Belgian Waffle

Berry Compote

Berry Crisp

Berry Peach Sangría

Bierocks

Biscuit Topping for Fruit Cobbler

Bishop's Bread

Black Bean and Tortilla Casserole

Black Bean Chili With Scallion Corn Cakes

Black Bean Pico De Gallo

Black Beans and Couscous

Black Beans and Ham on Rice

Black Eyed Pea and Corn Salsa

Blackened Chops with Pineapple Salsa

Blackening Seasoning

Blue Berry Pie

Blue Cheese Dressing

Blue Cheese Mayo

Blue Crab Cakes

Blue Crab Salad

Blueberry and Custard-Filled Star Puffs

Blueberry Coffee Cake

Blueberry Miffins, Pureed

Blueberry Muffin

Blueberry pie

Blueberry Pie, Pureed

Blueberry-Onion Sauced Pork Tenderloin

Blushing Pineapple Punch

Boiled Brown Rice

Boiled Icing

Boiled Lobster

Boiled Parslied Potatoes

Boiled Pasta, Gold Standard

Boiled Rice

Bologna & Cheese Sandwich

Bologna on Whole Wheat, Pureed

Boston Baked Cod

Boston Brown Bread

Boston Cream Pie

Bouillon

Braised Belgian Endive

Braised Cabbage

Braised Celery with Basil

Braised Chicken with Apple Cider and Cashew Butter

Braised Garlic-Ginger Chop

Braised Lamb Shanks with Lentils

Braised Pork Chop

Braised Pork Chops with Orange-Mustard Sauce

Braised Pork Medallions with Apples

Braised Pumpkin

Braised Red Cabbage

Braised Red Cabbage with Apples and Wine

Braised Rhubarb

Braised Short Ribs

Braised Short Ribs of Beef

Bran Muffins

Bran Muffins, Pureed

Brazilian Black Bean Soup

Bread

Bread Dressing (or Stuffing)

Bread pudding

Bread Stuffing

Bread, Gelatinized

Bread, Slurry

Breaded Chicken and Bananas

Breaded Fish Fillets

Breaded Pork Chops

Breaded Veal Cutlets

Breakfast Biscuits & Gravy

Breakfast Burrito

Breakfast Burritos

Breakfast Oven Omelet, Pureed

Breakfast Polenta

Breakfast Quiche

Breakfast Sandwich

Breakfast Sausage

Breakfast Sausage links

Breakfast Sausage, Pureed

Breakfast Sheshuka

Breast of Chicken Chardonnay

Brioche Benedict Sandwich

Broccoli

Broccoli Almondine

Broccoli and Cheese Casserole

Broccoli and Cheese Soup

Broccoli and Ricotta Calzone

Broccoli Cheese Chicken

Broccoli Cheese Pie

Broccoli Florets

Broccoli Rice Au Gratin

Broccoli Salad

Broccoli Salad With Bacon

Broiled Lemon Sole on a Bed of Leeks

Broiled Scallops with Honey-Lime Marinade

Broiled Sea Scallop Gratin

Broiled Tilapia with Sweet Potato Crust and Vanilla Cream Sauce

Broiled Tomato

Broiled Tomatos

Broiled Tuna With White Beans and Tomato Sauce

Brown Bean Salad

Brown Rice with Spiced Pecans

Brown Sauce

Brown Sugar Hard Sauce

Brown Sugar Syrup

Brown Veal Stock

Brownies

Brunswick Stew

Bruschetta

Brussels Sprouts

Brussels Sprouts in Pecan Butter

Brussle Sprouts, Pureed

Buffalo Chicken Lasagne

Buffalo Chicken Wings

Buffalo Fins

Buffalo Sauce

Buffalo Spuds

Bulgur Pilaf

Bulgur Pilaf With Roasted Tomatoes and Chickpeas

Bulgur-Stuffed Sweet Dumpling Squash

Burnt Butter Icing

Burnt Sugar Cake

Butter Buns

Butter Chicken (Murgh Makhani)

Butter Tea Cookies

Butterball® Turkey Marsala

Buttered Apples

Buttered Pasta, Pureed

Buttered Rice, Pureed

Buttered Sweet Potatoes, Pureed

Buttermilk Waffles

Buttermilk Waffles with Raspberry Sauce

Butternut Squash with Black Beans

Butterscotch Cream Pie

Butterscotch Drop Cookies

Butterscotch Pecan Cookies

Butterscotch Pudding

Butterscotch Refrigerator Cookies

Butterscotch Sauce

Butterscotch Squares

C

Cacciatore

Cactus Cooler

Caesar Dressing

Caesar Salad

Cajun Rub

Cake Doughnuts

Calico Slaw

California Frittata

California pasta salad

Calypso Turkey Breast

Calzone (Meat)

Canadian Bacon

candian bacon

Candied Sweet Potatoes

Capri Blend Vegetables

Capri Blend Vegetables 1

Caramel Apple Cake

Caramel Sauce

Caribbean Rice and Black Beans

Caribbean Shrimp

Carne Seca Omelet Pinwheels

Carrifruit Salad

Carrot and Raisin Salad

Carrot Cake

Carrot Purée

Carrot Raisin Salad

Carrots

Carrots with Character

Carrots, Pureed

Casablanca Cooler

Catch of the Day

Catfish with Oregon Hazelnuts

Cauliflower

Cauliflower and Potato Curry

Cauliflower Polonaise

Cauliflower with Cheese Sauce

Cauliflower, Pureed

Celery and Carrots Amandine

Celery Seed Fruit Dressing

Cha Ca (Hanoi-Style Fish with Dill)

Chai Spice Stuffing

Chai Sweet Spicy Sauce Over Cornish Game Hen

Champagne Cream Sauce

Champagne Poached Alaska Salmon

Cheddar and Leek Soup

Cheddar Meatloaf

Cheddar Spinach Soup

Cheddar Twists

Cheese 'n Onion Swirls

Cheese and Broccoli Strata

Cheese Ball

Cheese Balls

Cheese Salad Sandwich

Cheese Sauce

Cheese Soufflé

Cheese Soup

Cheese Strata

Cheese Straws

Cheese-Stuffed Chicken Breast

Cheese-Stuffed Frankfurters

Cheese-stuffed Hot Dogs

Cheeseburger on a Bun, Pureed

Cheeseburger Pie

Cheesecake

Cheesey Strata

cheesy bacon soup

Cheesy Cream of Cauliflower Soup

Chef Salad, Pureed

Chef's Salad

Chef's Salad Bowl

Chef's Salad Italiano

Cherries

Cherry Cheesecake, Pureed

Cherry Confit

Cherry Crab Spread

Cherry Crisp

Cherry Crumb Pie, Pureed

Cherry Pie

Cherry Pie Turnover

Cherry Soup

Cherry-Glazed Chicken

Cherry-Nog

Chestnut-Stuffed Pork Roast

Chevre Tarts

Chicken À La King

Chicken a la King over Rice, Pureed

Chicken Ala King

Chicken and Bacon Chowder

Chicken And Biscuits

Chicken and Broccoli Pasta Dijon

Chicken and Broccoli Stir-Fry

Chicken and Broccoli Stir-Fry2

Chicken and Cheese Enchilladas

Chicken and Dumplings

Chicken and Mushroom Crepes with Sauce Mornay

Chicken and Mushroom Noodle Marsala

Chicken and Noodles

Chicken and Pasta Salad Plate

Chicken and Rice Casserole

Chicken and Sausage Gumbo

Chicken and Shrimp Gumbo

Chicken and Snow Peas Over Rice

Chicken and Stars Soup with Peas

Chicken Breast Parmesan

Chicken Breast Sauté with Roasted Red Pepper Sauce

Chicken Breasts with Spicy Honey-Orange Glaze

Chicken Broth with Mushrooms

Chicken Burrito

Chicken Cacciatore

Chicken Cacciatore Meatballs

Chicken Caesar Salad

Chicken Chili

Chicken Consommé

Chicken Cordon Bleu 2

Chicken Cordon Bleu, Pureed

Chicken Corn Chowder

Chicken Crepes

Chicken Croquettes, Pureed

Chicken Curry

Chicken Enchiladas

Chicken Fajita

Chicken Fajitas

CHICKEN FINGER

CHICKEN FINGER-LIKIN BAKED

Chicken Fingers

Chicken Fingers & Sauce

Chicken Fingers, Pureed

Chicken Fricassee

Chicken Galantine

Chicken Gravy

Chicken Gumbo

Chicken Gumbo stew

Chicken Kiev

Chicken Kiev, Pureed

Chicken Lazone

Chicken Liver Paté

Chicken Loaf, Pureed

Chicken Marsala

Chicken Marsala breast

Chicken Mexicana

Chicken Mexicana dish

Chicken Mole Poblano

Chicken Noodle Soup

Chicken Noodle Tetrazzini

Chicken Nuggets

Chicken Nuggets with sauce

Chicken Nuggets, Pureed

Chicken Osso Buco

Chicken Parmesan, Pureed

Chicken Patties, Pureed

Chicken Picata

Chicken Pie

Chicken Pocket Sandwich

Chicken Pot Pie

Chicken Pot Pie dish

Chicken provençal

Chicken Rice Casserole

Chicken Rice Soup

Chicken Salad

Chicken Salad Pie, Pureed

Chicken Salad Sandwich

Chicken Salad, Pureed

Chicken Sauté with Onions, Garlic and Basil

Chicken Soup with Matzo Balls

Chicken Stew

Chicken Stock

Chicken Stuffed with Spinach and Ricotta Cheese

Chicken Tagine

Chicken Tenders

Chicken Tetrazzini

Chicken Vegetable Newburg

Chicken Vegetable Soup

Chicken With Noodles on Whipped Potatoes

Chicken Yakitori

Chickpea & Tortellini Soup

Chile Cilantro Sauce

Chile Spice Rub (Wet)

Chilean Dressing

Chili

Chili Chicken

Chili Con Carne

chili copeland

Chili Dogs

Chili Rice and Beans

Chilled Cucumber Salad

Chilled Fettuccine Vinaigrette

Chilled Salad Niçoise

Chilled Tuna Salad

Chimichanga

Chimichurri Sauce

Chinese Chicken Chow Mein, Pureed

Chinese Omelet (Baked)

Chipotle Mayo

Chipotle Sauce

chix marsala

Chocalate pudding

Chocolate Butter Cream Icing

Chocolate Cake

Chocolate Chiffon Pie

Chocolate Chip Cookies

Chocolate Chunk Cookie

Chocolate Cream Filling

Chocolate Cream Pie

Chocolate Espresso Hazelnut Pie

Chocolate Glaze

Chocolate Hazelnut Torte

Chocolate Ice Cream

Chocolate Icing

Chocolate Mousse

Chocolate Pudding

Chocolate Roll

Chocolate Sauce

Chocolate Soufflé

Chocolate Tea Cookies

Chocolate Trifle

Chop Suey

Chopped Broccoli, Pureed

Chopped Chicken with Mushrooms

Chopped Spinach, Pureed

Choucroute

Christmas Pudding

Christmas Tree Surprise

Chuck Wagon Steak

Chunky Chicken Salad

Chutney Chicken Salad

Cilantro Chutney

Cilantro Hummus

Cilantro Pesto Pasta Salad

Cinnamon Apples

Cinnamon Rolls

Cinnamon Streusel

Citrus Couscous Salad

Citrus Mustard Rub (Wet)

Citrus Ricotta Figs

Citrus-Cherry Pork and Pasta

Citrus-Vanilla Sauce

Classic Beef Burgundy

Classic Chicken Parmesan

Classic Honey Flan

Classic Rice Pilaf

Classic Stuffed Shells

Club Sandwich

Coating for Baking Pans

Cobb Salad

Cocktail Sauce

Coco Kiwi Pork

Cocoa

Coconut Cream Pie

Coconut Macaroons

Coconut Pecan Bars

Coconut Pecan Icing

Cod with Greek Walnut Salsa

Coffee

Coffee Cake

Cold cereal

Cold Cereal or Hot Cereal

Cold Cereal, Pureed

Cole Slaw

Cole slaw Dressing

Coleslaw

Coleslaw, Pureed

Collard Greens

Compound Butters

Confetti Cole Slaw, Pureed

Cooked Breakfast Cereals

Cooked Salad Dressing

COOKIE OF THE DAY

Cookies, Pureed

Cooking Pasta

Cooking Rice

copeland salmon cake

Corn

Corn and Black Bean Salad

Corn Bread

Corn Bread Dressing

Corn Bread Stuffing

Corn Chowder

Corn Dogs

Corn Muffins

Corn Pudding

Corn Relish

Corn Salsa

Corn Sauté with Hazelnuts

Corned Beef and Cabbage

Corned Beef and Cabbage, Pureed

Corned Beef Hash

Corned Beef on Rye, Pureed

Corned Beef with Cabbage and Winter Vegetables

Cottage Cheese

Cottage Cheese & Apple Butter

Cottage Cheese and Fruit Platter

Cottage Cheese and Fruit Platter Puree

Cottage Cheese and Fruit Platter, Pureed

Cottage Cheese Salad

Cottage Fried Potatoes

Country Baked Pork Chops, Pureed

Country Braised Chicken

Country Fried Chicken, Pureed

Country Fried Steak

Country Pork Chops

Country Pork Chops with Sage Smashed Potatoes 2

Country Vegetable Soup

Country-Style Terrine

Couscous

Couscous Salad

Crab Cakes with Avocado Wasabi Mayonnaise

Crab Cakes, Pureed

Crab Corn Chowder

Crab Etouffee

Crab Salad

Crackers

Cranberry & Orange Salad

Cranberry and Orange Jello

Cranberry Cornbread Bread Pudding

Cranberry Dressing

Cranberry Juice, Thickened

Cranberry Nut Bread

Cranberry Punch

Cranberry Raspberry Pie

Cranberry Relish (raw)

Cranberry Sauce

Cream Cheese Icing

CREAM OF ASPARAGUS

Cream of Belgium Endive Soup

CREAM OF BROCC

Cream of Broccoli and Hazelnut Soup au Gratin

Cream of Broccoli Soup

Cream of Carrot

Cream of Celery

Cream of Chicken Soup

Cream of Corn Soup

Cream of Mushroom Soup

Cream of Mushroom Soup2

Cream of Onion Soup

Cream of Potato

Cream of Shrimp Soup

Cream of Spinach Soup

Cream of Tomato Soup

Cream of Vegetable

Cream of Vegetable Soup

Cream of Wild Mushroom Soup

Cream Pie

Cream Puffs

Cream Sauce

Cream style Corn

Creamed Alaska King Crab and Spinach Soup

Creamed Artichoke & Mushroom Tenderloin

Creamed Chipped Beef

Creamed Chipped Beef on Biscuit

Creamed Corn

Creamed Corn with Basil

Creamed Eggs

Creamed Ham

Creamed Orzo and Leeks

Creamed Peas

Creamed Sausage and Biscuits

Creamed Spinach

Creamed Tuna

Creamer

Creamy Chicken and Mushroom Fettuccine

Creamy Coleslaw

Creamy Crab and Red Pepper Sauce

Creamy Dijon Pork Chops

Creamy Icing

Creamy Turkey Tetrazzini

Creamy Vegetable Medley Soup

Creamy Vinaigrette

Crème Brûlée

Crème Brûlée dessert

Creole Eggplant

Creole Halibut Bits

Creole Jambalaya with Sea Parsley™

Creole Shrimp With Rice

Creole Spaghetti

Creole Spice Mix

Creole Style Bean Soup

Crepes

Crescent-Topped Beef Pot Pie

Crisp Ginger Cookies

Crisp Topping

Crispy Baked Chicken

Crispy Fish

Crispy Golden Sea Parsley™

Croissant With Sautéed Garden Vegetables

Croque Monsieur

Croquette Potatoes

Croquettes- Chicken or Turkey

Croutons

Crumbs for Crisp

Crunchy Sweet and Sour Fettuccine Salad

Crustless Crab Quiche with Spring Vegetables

Crustless Seafood Quiche

Crusty Ham and Cheese Soufflé

Cuban Black Beans and Rice

Cucumber Salad

Cucumber Sauce

Cucumber Yogurt Dressing

Curried Chicken Casserole

Curried Chicken-Oregon Hazelnut Salad in Melon Shell

Curried Mayo

Curried Mushroom Barley Soup

Curried Oregon Hazelnut Dressing (for Poultry)

Curried Orzo and Vegetable Salad

Curried Pasta Salad with Cucumber Raita

Curried Pasta with Chicken and Fruit

Curried Rice, Beans, and Vegetable Pilaf

Curried Shrimp Topping

Curry Seasoning

Custard Filling

Custard Pie

Custard Sauce

D

Dan's Homemade Sloppy Joe's

Danish Pastry

Danish Sausage and Smoked Monterey Jack Cheese Omelet

Date and Chorizo Rumaki

Date Bars

Date Filling

Date Nut Bread

Dauphine Potatoes

Deep-Fried Potatoes

Deglazing

Deli Plate

Deli Wrap

Delmonico Potatoes

Deluxe Grilled Cheese Sandwich

Demi-Glace

Dessert cart

devil food cake

Deviled Crab

Deviled Eggs

Deviled Pork Chops

Dijon-Blackened Chicken Salad

Dilly Bread

Dinner Rolls

Dip, Avacado (Guacamole)

Dip, Basic

Dip, Blue Cheese

Dip, Creamy Herb

Dip, Creamy Onion

Dip, Dill

Dip, Italian

Dip. Picante

Dip, Seafood

Dip, Summer Fruit

Dirty Rice

Donut

Double Decker Pasta Salad

Drawn Butter Sauce

Dried Fruit and Nut Granola

Dried Fruit Compote

Drop Molasses Cookies

Drop Sugar Cookies

Duchesse Potatoes

Duchesse Potatoes 1

Dumplings

Dungeness Crab Bisque

Dungeness Crab Jambalaya

Dutch Apple Coffee Cake

Е

Egg and Sausage Bake

Egg and Sausage Souffle

Egg Noodle Bake with Golden Raisins

Egg Omelet

Egg Roll with Dipping Sauce

Egg Salad

Egg Salad Platter, Pureed

Egg Salad Sandwich

Eggplant

Eggplant and Prosciutto Panini

Eggplant and Sun-Dried Tomato Pizza

Eggplant Parmesan

Eggplant Parmesan Lasagne, For Two

Eggplant Parmesan, Pureed

Eggplant Purée

Eggs Benedict

Eggs Florentine

Enchilada Sauce

English Cheese Soup

English Garden Soup

English Muffin Bread

Espagnole Sauce

Espresso Granita

Espresso Spice

Fajita Pie

Fajita-spiced Trout

Falafel

Falafel in Pita Bread

Fan Tans

Festive Cherry Punch

Fettuccine Alfredo

Fettuccine Carbonara

Fettuccine with Alaska Surimi Seafood

Fettuccine with Broccoli Carbonara

Fettuccine with Garden Herb Sauce

Fettuccine with Oranges and Watercress

Fettuccine with Tomato-Poblano Sauce and Green Chile Goat Cheese

Fettuccine with Vegetables and Scallops

Fiery Pepper Blend

Fiesta Corn

Fiesta Lasagne

Figs with Berries and Honey Mousse

Filet Stanley

Fillet of Sole Amandine

Fish Cakes, Pureed

Fish Chowder

Fish in a Fish

Fish Marinade

Fish Sticks

Fish Stock

Floating Island

Floridian Shrimp Tomato Risotto

Flounder Meditarian Stuffed

FLOUNDER MEDITERRANEAN STUFFED

Fluffy Orange Sauce

Focaccia

Focaccia With Herb Cheese Spread

Fortified Cream Soups

Fortified Mashed Potatoes

Four Pepper Frittata

French Bread

French Breakfast Puffs

French Chocolate

French Dressing

French Dressing (Thick)

French Fried Potatoes

French Fries, Pureed

FRENCH GARDEN VEGETABLE SOUP

French Onion Soup

French Toast

French Toast Casserole

French Toast puree

French-fried Onion Rings

French-fried Potatoes

French-Style green beans

Fresh Anaheim Salsa Rojo

Fresh Apple Pie

Fresh Cocktail sauce

Fresh Cranberry Scones

Fresh Cranberry-Orange Sauce

Fresh Green Beans

Fresh Lemonade, Limeade or Berry Variation

Fresh Mushroom Sauce

Fresh Sliced Tomatoes and Cucumbers

Fresh Strawberries, Pureed

Fresh Tabouleh

Fresh Tartar Sauce

Fresh Tomatillo-Serrano Salsa

Fresh Tomato Linguine With Raw Tomato Sauce

Fresh Tomato Sauce

Fresh Vegetable Lasagna

Fresh whipped potatoes

Fricasse of Chicken

Fricassee of Chicken

Fried Eggs

Fried Okra

Fried Rice

Fried Shrimp

Fritters

Frozen Cream Pie

Frozen Fruit Salad

Frozen Mocha Almond Pie

Frozen Peanut Butter Pie

Fruit and Cheese Dessert

Fruit and Curry Pork Salad

Fruit and Nut Ring

Fruit Cobbler

Fruit Cocktail

Fruit Coffee Rings

Fruit cup

Fruit Gelatin Salad

Fruit Parfait

Fruit Salad Dressing

Fruit Salad Plate

Fruit Salsa

Fruit Stuffed Pork Chops

Fruitcake Cookies

Fruited Pork Marsala

Fruits of the Forest Pie

Frutied Jello

Frutti di Mare

Fudge Brownies

Fudge Cake

Fusilli with Pork Tenderloin, Pears and Pistachios

G

Garbanzo Bean Salad

Garden Chili

Garden Corn Soup

Garden Frittata on Grilled Country Bread

Garden Peas, Pureed

Garden Rice

Garlic and Red Pepper Penne

Garlic Black Bean Burger with Pineapple Salsa

Garlic Bread

Garlic Herb Dressing

Garlic Rice with Pine Nuts

Garlic-thyme Mayo

Gazpacho

Gazpacho (Spanish Chilled Soup)

Gazpacho Pasta Salad

German chocolate cake

German Potato Salad

German Sweet Chocolate Cake

Giant Holiday Sticky Buns

Ginger Lime Pork

Ginger Orange Beef

Ginger Pork and Melon

Ginger Rice

Ginger Rice Stir-Fry

Ginger Vegetables and Barley

Gingerbread

Gingersnaps

Glazed Baked Ham

Glazed Beets

Glazed or Candied Sweet Potatoes

Glazed Pearl Onions

Goat-Cheese Ravioli in Herbed Cream Sauce

Golden Lamb Curry Noodles

Gourmet Oregon Hazelnut Butter

Graham Cracker Crust

Grains and Beans

Grains and Lentils Au Gratin

Grapefruit Orange Salad

Grapefruit Sections, Pureed

Gravy chicken

Greek Salad

Green Bean Almandine

Green Bean Casserole

GREEN BEAN CASSEROLE HOLLY

Green Beans

Green Beans with Mushrooms and Dill

Green Beans with Walnuts

Green Beans, Pureed

Green Chile Stew and Corn Bread

Green Peas

Green Tea Ginger Sparkler

Gremolata

Griddled Alaska Pollock Cakes with Papaya Mango Chutney

Grilled Beef Fajitas

Grilled Cheese Sandwich, Pureed

Grilled Cheese Sandwiches

Grilled Chicken

Grilled Chicken Breast

Grilled Chicken Breast with Fennel

Grilled Chicken Breast with Red Pepper Butter

Grilled Chicken Sandwich

Grilled Corn and Roasted Pepper Quesadillas

Grilled Eggplant Peperonata on Garlic Basil Fusilli

Grilled Flatbread Sandwich

Grilled Fruit Kebabs

Grilled Honey Garlic Pork Chops2

Grilled Lamb Chops

Grilled or Roasted Marinated Vegetables

Grilled Pancakes

Grilled Pork Chops

Grilled Pork Loin with Honey and Port

Grilled Portabella Mushrooms

Grilled Potato Salad

Grilled Sandwiches

Grilled Sirloin Steak with Maître d'Hôtel Butter

Grilled Tofu Cantonese Over Rice

Grilled Tuna with Balsamic Vinegar Sauce

Grilled Vegetable Marinade



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Menu Manager

*Master Site

Administration Customize your community Menu Calendar

Menu



▶ Diet Exceptions



REQUEST for energy COOK BOOK change

Reports

Food Items>>Food Items

Food Items

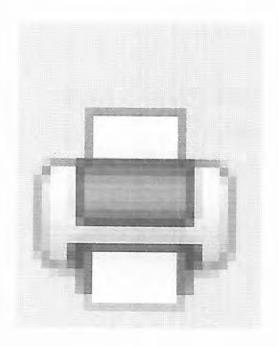
Food Items

			Food	Items								
Menu Period: Spring (04/29)	Menu Cycle	Menu Cycle Silver 8		I All		T	Filter		Show All			
Input Search Text Here												
Show duplicates Import	Export food items	Add Food Item	No ingre	edients	No Food V	alues 1	ol Sel Die	ets	Alternat	es	Cond	diments
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Aloha Chicken Breast		4	Oz			2		Ro	J la	4 = 5 x=	- (10)	
ALTERNATES		0	Each			0		•	of Q	3 4 (1)		= >
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Angel Food Cake		1	Slice		of a round ake)	6		R	20	Piv	0	= >
ANGUS BACON CHEDDAR BURGE	:R	4	Oz		•	6			19	BY	U	H X
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Apple Crumb Pie		1	Clear Foo	d item\$/10th	n of a pie	3				¥-1 [E X
									1 Mer. Concession	-	and A	

Note: You may edd menu food item names. This will not effect the grocery list. However if you change an ingredient you must create a new recipe or edit it and save it in a new cook book, export it in Mester Cook and then import into RMM in the Food Item section. See section called Cook Books for more information.

Powered by Innovations Services.

Creating Labels



Create your own food labels, simple press the printer icon and the label will be sent to Word .Once in Word simple merge into the label you desire ANGUS BACON CHEDDAR BURGER: ground beef patties, hamburger bun, cheddar cheese, bacon, leaf lettuce, tomatoes
Calories 933, Fat 72g --- calories from fat 69.9%, Protein 48g, Carbohydrate 21g, Dietary Fiber 2g, Cholesterol 189mg, Sodium 1155mg,

Used by:

ANGUS BACON CHEDDAR BURGER: ground beef patties, hamburger bun, cheddar cheese, bacon, leaf lettuce, tomatoes

Calories 933, Fat 72g --- calories from fat 69.9%, Protein 48g, Carbohydrate 21g, Dietary Fiber 2g, Cholesterol 189mg, Sodium 1155mg,

Used by:

ANGUS BACON CHEDDAR BURGER : ground beef

patties, hamburger bun, cheddar cheese, bacon, leaf

Calories 933, Fat 72g --- calories from fat 69.9%, Protein 48g, Carbohydrate 21g, Dietary Fiber 2g, Cholesterol 189mg, Sodium 1155mg,

Used by:

lettuce, tomatoes

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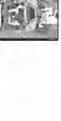
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Menu Manager

*Master Site

Administration | Customize your community | Menu Calendar | Food Items





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MASTER BOOK 300X











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Reports



Menu

Reports

GROUPS







MODIFIED

SELECTION

ALT. EXT.

LUNCH-DINNER LG EXT

EXTENSION

WEEKLY

ALTERNATE

DAILY

FOOD ITEMS













NGREDIENT SEARCH

TEMPERATURE

ALTERNATE PRODUCTION

Start Date: Without portion size

Include nutritional info

Fall/Winter 2012 (09/16): Silver 10 (7): Day 6

11/09/2012

11/09/2012 End Date:



Select Diet:

Export To Word Export To Excel

Print Report Show Report Note: Reports are printed two ways: on program or by exporting to Excel. It is recommended that you print preview all reports. Use the page set up feature to make adjustmens with size, margins and spacing

Formetting of the reports can only be done in Excel. In Excel you have the ability to create borders, format font, coloning, adding pictures and more.

You can also delete or add and change the Items in Excel. For example you can add "bread and Milk offered daity" on Week at a glance under each meat in the center and delete it off each day in Excel. This will create a "less institutional" look or it you are part of a CCRC you can add addibonal antráa or itams that are offered in dining room.

Caution: Aways export to Excel from RMM, this will ensure information is current, for exemple if you export a week with a special menu in it for a particular holiday, the next time you export, the holiday menu will not show if it is passed elready because the program will update, but the provious exported spreadsheet will not reflect the resumption of menu without holiday. Powered by Innovations Services.

*Master Site

Alternate Menu Friday, 11/09/2012

Hamburger

Grilled Cheese Sandwich



Chicken Salad

Peanut Butter Sandwich

Ham Sandwich

Chef's Salad

*Master Site

Alternate Menu Sunday, 11/25/2012

Calories 372	Calories 489	Calories 325	Cal		Calories 427	Calories 388	
Fat 24g calories from fat 59.1%	Fat 30g calories from fat 55.3%	Fat 18g calories from fat 48.8%	Calories 275 Fat 20g calories from fat 63.3% Protein 24g Carbohydrate 1g Peanut Butter Sandwich (1 E2	Calories 529 Fat 30g calor	Fat 28g calories from fat 58.9%	Fat 22g calories from fat 51.0%	
Protein 31g	Protein 31g Chef	Protein 12g Ham Sa	at 63.3% Pro	ries from fat 52.9 Chick	Protein 18g Grillec	Protein 25g illed Chee	Han
Protein 31g Carbohydrate 7g Dietary Fiber 3g	Protein 31g Carbohydrate 23g Dietary Fiber 1g Chef's Salad (6 Oz)	Protein 12g Carbohydrate 31g Dietary Fiber 3g Ham Sandwich (1 Each)	m fat 63.3% Protein 24g Carbohydrate 1g Ch Peanut Butter Sandwich (1 Each)	Fat 30g calories from fat 52.9% Protein 60g Cholesterol 186mg Chicken Salad (3 Oz)	Protein 18g Carbohydrate 26g Dietary Fiber 1g Grilled Chicken (4 Oz)	% Protein 25g Carbohydrate 22g Dietary Fiber 1g Grilled Cheese Sandwich (1 Each)	Hamburger (3 Oz)
Dietary Fiber 3g	Dietary Fiber 1g Z)	Dietary Fiber 3g ach)	Irate 1g Cholesterol 119mg (1 Each)	Cholesterol 186mg	Dietary Fiber 1g OZ)	Dietary Fiber 1g (1 Each)	
Cholesterol 84mg	Cholesterol 84mg	Cholesterol 1mg	ol 119mg Sodium 448mg	Sodium 449mg	Cholesterol 60mg	Cholesterol 78mg	
Sodium 1750mg	Sodium 1871mg	Sodium 420mg	448mg		Sodium 706mg	Sodium 316mg	



What is a healthy choice?

Let's begin with the scientific stuff that sets the standards for eating choices that meet the guidelines of the American Heart, Cancer and Dietetic Associations as well as those of the FDA/USDA.

The three things that make food taste good are fat, salt and sugar. However, when recommending food items for wellness eating, we choose items that are low to moderate in fat, salt and sugar content.

• Fat: There are good fats and bad fats with bad fats being primarily those of animal origin or solid vegetable fats containing Trans fat. Good fats include for example, olive oil, and the oils contained in some fish and nuts.

Entrees earning the healthy symbol have 15 grams of fat or less per serving.

Cream soups, mashed potatoes, entrees with cream sauces, and puddings at BRC are all made with heavy cream so cannot be included. You can make them at home using 1% milk and have a tasty item that is also healthy for you.

Ice Cream averages 10 grams of fat per ½ cup serving, so enjoy it occasionally.

If you are a fan of potato chips and other snack chips, choose the baked varieties.

• Salt (sodium): The recommended daily sodium guideline has been reduced to 1500 mg. That is less than half the amount consumed by the average American on a daily basis.

Several of our favorite foods – ham, bacon, sausage, cheeses, soups, gravies and nearly all processed foods are too high in sodium to eat daily.

Although you can have small amounts of these foods, the healthy choice would be to choose them occasionally rather than daily.

Always taste your food first and skip the salt shaker. Generally, food that is well seasoned doesn't need salt added even if it is "no added salt."

• Sugar (Carbohydrates): Desserts are the obvious source of sugar; however, beverages contribute more sugar to the American diet than desserts. Like salt, sugar is added to processed foods during the production process to improve flavor – i.e. ketchup.

Pop contains an average of 8 tsp. of sugar per 12 oz can.

Coffee beverages (those enticing ones in coffee houses and their look-alikes everywhere) are loaded with added sugar and fat and can contain as many as 1,800 calories in ONE beverage! Ask for low-fat and skip the sweetener and you will save hundreds of calories.

Enjoy a cookie before getting to the point that you "just have to have" a whole bag of cookies.

For a healthy sweet treat, choose fresh fruits that are in season.

Introducing a new symbol - (Recommended for your Health)

When you see the symbol, it means that food item is a better choice than other items on the menu for healthy eating. Of course, you may choose whatever you wish; this just allows you to make an informed choice. If you choose healthier foods 80% of the time (17 meals per week) you can enjoy those other things that you love, but are not quite so good for you, without guilt. This process is called the "80/20 Rule."

It is important to note that this information is for wellness eating. If you follow a diet that is prescribed by your physician for therapeutic reasons, you will probably have additional

restrictions that you need to follow. Some of the items indentified with will work with you therapeutic diet without modification.

Think moderation. Portion size is key to healthy eating; if we choose only foods that are good for us but eat them in large quantities, the overeating will negate the health benefits.

All fried items and grilled sandwiches are occasional choices and should be included in the 80/20 rule.

Salad Bar

All greens and fresh vegetables -1 cup - avg. 40 kcal 21 mg sodium

Low-fat cottage cheese - ½ cup - 101 kcal 409 mg sodium

Low-fat dressings - 1 pkt. - 2 kcal 430 mg sodium

Pasta and potato salads - ½ cup serving occasionally. 310 kcal 580 mg sodium

Kidney, black and other beans - 1/2 cup - 105 kcal 330 mg sodium

Fresh and canned fruits - 1 pc or ½ cup - avg. 60 kcal 0 mg sodium

Daily Menu:

Plain whole muscle meats (3 oz)

Plain starches and vegetables (1/2 cup)

80/20 Rule:

Processed meats - ham, bologna, sausage, etc.

Casseroles and seasoned vegetables

A program of Innovations Services provided to assist you with making healthy eating choices from any menu. Visit us at www.innovaservices.info

Follow this to a link to a report from Lindsay Vickroy from the Center for Science in the Public Interest: http://www.cspinet.org/restaurantreport.pdf

Choose Super Foods

Look for these foods and choose them often – these are on most of the super foods lists making the news these days.

Beans - a low-fat source of protein, a great source of soluble fiber.

Blueberries – excellent source of antioxidants, low in calories.

Broccoli - rich source of Vitamin A, Vitamin C, Vitamin K - good for your bones.

Nuts – great source of heart healthy fats, antioxidants, fiber and protein – with walnuts packing the biggest punch, all nuts are healthy in small amounts.

Oats - tasty sources of fiber, help lower cholesterol.

Peanut Butter - packed with omega-3 fatty acids that help fight heart disease.

Salmon – excellent source of omega-3 fatty acids, good for your heart.

Sweet Potato – best source of Vitamin A with high C content as well – a best source of Vitamin A with high C content as well.

Turkey – skinless breast is one of the leanest sources of protein and also contains Vitamins B6 and B12, niacin, selenium, zinc – nutrients needed for heart health and help fight cancer.

Yogurt – low fat or plain – higher in calcium and protein than other dairy products, almost a complete food.

Menu

ecommended For Your Health

Look for the Healthy Recommendations Logo



Next to the Menu Items
And You will be able to Select
The Recommended Choice for a
Healthy Lifestyle!



R Smaller portions

Ro Less fried food

Ro Less fat

Ro Less salt

R Become a nutrition label expert

Ro Chew your food slowly

Ro Drink plenty of water

Request condiments on the side

Ro All foods in moderation

Ry Select foods in a rainbow of colors

R Select fruits, vegetables, and whole grain foods

Ro Treat yourself occasionally

Nutrition Facts Serving See 10 pieces (20 g) Serving See 10 pieces (20 g) Serving Per Container Account 6 5 Francis (20 g) Fra

Ask Your Server or the Manager for More Information

Look for information about upcoming "Healthy Recommendation Chats."

Affix Your Logo Here